Volume 26, No. 8, August 1994

C630.5
C213

CAROLINA COUNTRY

Official publication of Carolina Electric Cooperatives

Friends for Life
Pages 12-14

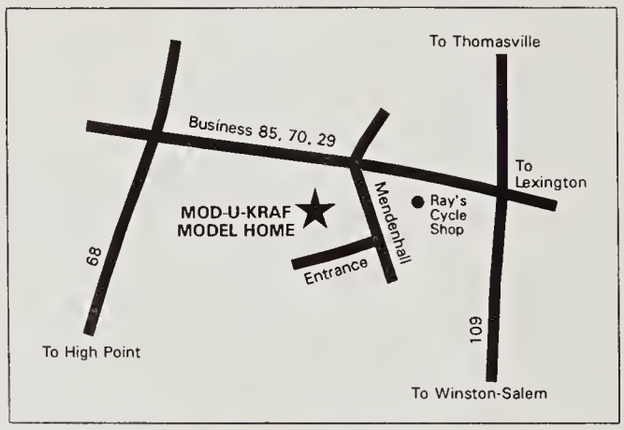
Pot Liquor and Strawberry Pie
Page 6-7

44000413 C
N CAROLINA COLLECTION
UNIVERSITY LIBRARY

CAROLINA'S MOST IMPRESSIVE NEW HOME WAS BUILT IN OUR FACTORY IN VIRGINIA.

2813 Sq. Ft.

Come see our North Carolina model, "THE THOMASVILLE".



Directions: 1 mile south of Route 68 on Business 85, 29, 70 (next to Ray's Cycle Shop).

MOD-U-KRAF HOMES INC.®

"After 23 Years- Our Reputation is Still Building"

1971-1994

P.O. Box 573, Rocky Mount, VA 24151 • (703) 483-0291

Our marketing area is: VA, WV, NC, MD, DE and parts of TN, PA and KY

Though MOD-U-KRAF is no newcomer to North Carolina–we've built ocean-side condos and beautiful homes all over the state–this is our first opportunity to offer you a North Carolina model to visit.

MOD-U-KRAF offers over 60 models–large and small, featuring a variety of floor plans. All MOD-U-KRAF HOMES are 90% complete, ready to set on your prepared lot.

MOD-U-KRAF HOMES come with quality already built-in. You can get GE appliances, Freedom vinyl clad windows from MW Manufacturers, Inc., Norandex vinyl siding, Philadelphia carpet, and custom made cabinets from Scott Manufacturing, Inc.

All MOD-U-KRAF HOMES are energy-efficient and meet or exceed all local and state codes.

To find out more, visit our North Carolina model–or send $3.00 to receive a brochure with over 60 homes.

Name _____

Street (or box) _____

City _____ State _____ Zip _____

Phone (H) _____ Phone (W) _____

I have my own lot ☐ Yes ☐ No

Lot located in what county? _____ State _____

Send to: Mr. Joe Campbell
MOD-U-KRAF HOMES Inc.
P.O. Box 573,
Rocky Mount, VA 24151

CC8-94

CAROLINA COUNTRY
(ISSN 0008-6746)
Read monthly in more
than 335,000 homes
Volume 26, No. 8, August 1994

Official Publication
Carolina Electric Cooperatives

Carolina Electric Cooperatives is the network of electric cooperative organizations that provides reliable, safe and affordable electric service to 600,000 homes, farms and businesses in North Carolina. At the heart of Carolina Electric Cooperatives are the state's 28 Electric Membership Corporations, each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

Executive Vice President
Wayne D. Keller

Manager, Corporate Communications
Jay Johnson

Editor
Michael E.C. Gery

Special Projects Editor
Owen Bishop

Business/Advertising Coordinator
Monica Russell

Graphic Designer/Artist
Katherine Fowler

Staff Writer
Kim Whorton

Advertising Sales
Jennifer Boedart Hoey

Member
Audit Bureau of Circulations

Carolina Country ® is published by the North Carolina Association of Electric Cooperatives, Inc., the trade organization of Carolina Electric Cooperatives. Second class postage paid at Raleigh, N.C., and additional mailing offices. Editorial offices: P.O. Box 27306, Raleigh, N.C. 27611. Phone: (919) 872-0800. Carolina Country is a registered trademark of the North Carolina Association of Electric Cooperatives, Inc.

Postmaster: Send form 3579 to P.O. Box 27306, Raleigh, N.C. 27611.

EMC group subscription. $3.50 a year; individual, $4.00.

To change address, send magazine mailing label. Address all mail to Carolina Country, P.O. Box 27306, Raleigh, N.C. 27611.

Printed on recycled paper

PRINTED WITH SOY INK

Volume 26, No. 8, August 1994

CAROLINA COUNTRY

page 6

page 5

On the Cover

Rochella Baker (left) says of her friend, Sue Wikstrom," By the time she leaves, I always feel better." Sue is a Davidson County Hospice volunteer. Photograph by Kim Whorton.

FEATURES

Pot Liquor and Strawberry Pie 6

Jackie Torrence of Salisbury tells down-home tales, like the story of her mother who, as a girl, was looking for something more than cold biscuits.

More Power to You 8

How North Carolina's electric cooperatives are planning to satisfy the growing demand for power at a competitive cost.

Friends for Life 12

Rochella and Ted Baker have a friend for life: Sue Wikstrom. Kim Whorton is becoming one, too.

DEPARTMENTS

Our View 4

Executive Vice President Wayne D. Keller says careful study and deliberation brought about plans for seeking new sources of electric power for the state's consumer-owned electric cooperatives.

Here, There and Everywhere 20

From farm toys in Burlington to shrimp in Sneads Ferry to quilts in Cruso.

Joyner's Corner 22

What if you wish upon a star?

Hank's Gardening Guide 24

Water, water, water.

Journal 28

Wise words from young hearts.

Country Kitchen 30

Lime pie.

Planning for Our Power Supply

By Wayne D. Keller

The business of supplying electricity to Americans has become increasingly competitive in recent years, and all signs indicate we'll see even greater competition in the years ahead. The reasons are many. Among them are: a growing consumer base, improvements in technologies required for generating and distributing electricity, industry deregulation, and a deeper understanding of the environmental advantages of electricity.

Member-owned electric cooperatives throughout the nation are preparing for this new era of competition. We always put a priority on satisfying our existing customers but we are also interested in serving the new markets —and we can do so as well as any other utilities, whether they're investor-owned enterprises or government operations.

I am gratified to report that North Carolina's electric cooperatives are especially well prepared for the changes that lie ahead.

For years these co-ops have been engaged in long-range planning that takes into account the changes in utility regulations, the evolving nature of the consumer base in our state, the interests of other utilities and the economics of supplying reliable power. We are driven by our long-held mission to provide co-op members with the most reliable, safest and most economical electric power.

This year, we have made several important decisions in these matters that will place Carolina Electric Cooperatives in the most flexible position possible to meet the challenges of a changing industry. As always, these decisions were reached after careful study and discussion in the best way we know: the cooperative way. The North Carolina electric cooperatives that collectively serve more than 1.6 million people together have brought us to this point.

Most important, we are planning to seek new sources of power for approximately two-thirds of our requirements. The remaining power will come from the Catawba Nuclear Station in York County, S.C. North Carolina Electric Membership Corporation, the power supply arm of Carolina Electric Cooperatives, is part owner of that plant and pleased that it has been one of the most efficient and reliable generating stations in the country since it began operating in 1985.

Beginning in January 1996, we will buy wholesale electricity from American Electric Power, a major investor-owned utility that serves a wide area of the country. This electric capacity of 200 megawatts will be transmitted to more than half the co-ops that comprise the network of Carolina Electric Cooperatives and will benefit economically all member co-ops. We are convinced that the quality of this service will make our cooperatives' rates not only stable, but also competitive to other rates in the state.

Also, NCEMC will build and operate a 330-megawatt generating station to serve the supplemental power needs of the central and western Piedmont, where growth in our market is the greatest. The schedule calls for the plant to begin operating in the year 2001.

We conducted an exhaustive study of options for supplying this power to meet our peakload requirements. Building our own plant, in a part of the state that will benefit the local economy, is in the best interest of our co-ops and their members. At present we are looking at sites and talking with people in Davidson and Rowan counties, and we should make the site selection later this year.

As we pursue the construction project, we are examining all the environmental and economic information available. A major concern of ours is that we have a plant that is the cleanest, most efficient and safest facility possible. That is why we are planning a combined-cycle, combustion turbine facility fueled primarily by natural gas.

In addition to these two major decisions about our future power supply, th state office of Carolina Electric Coopera tives during the past two years has reached other helpful agreements with the main power suppliers we work with The agreements settled issues that alread have boosted directly the operating and economic conditions of the cooperative and will continue to do so.

While we have taken these steps toward improving our power supply sta tus, we continue to watch the demand side of our business as well. Our coopera tives are recognized as having among th best demand-side management program in the nation. "Managing" the demand for electricity, especially during the peak demand periods, is an activity that has many adaptations —from adjusting ope ating times of home water heaters to adjusting operating times of entire man facturing facilities. All of them work to the benefit of rate-paying consumers.

Our mission statement says that we "provide reliable, safe and economical energy and related services," and that w "operate as a cooperative business and continually improve services to meet th needs of our customers and enhance the quality of life." Simple as it seems, that mission requires plenty of forethought and hard decision-making concerning th future.

The consumer-members of North Carolina's electric cooperatives can assu themselves that their electric utility is prepared for the changes that will come in this business. Not only are we prepared, we are in a better position to respond to the changes than ever before in our history.

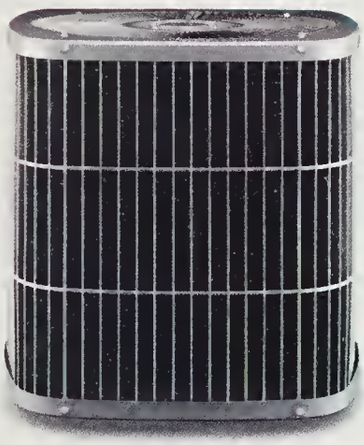
Wayne D. Keller is executive vice preside of the state offices of Carolina Electric Coop eratives.

Electric Peach Ice Cream

6 to 8 large peaches, peeled and sliced (about 7 cups)
3 cups milk, divided
2 large eggs, lightly beaten
1 (12 oz.) can evaporated milk
2 1/2 cups sugar
1 (12 oz.) can peach nectar

Combine half of peaches and 1/4 cup milk in blender. Process until smooth. Transfer to a medium bowl, and repeat procedure with remaining peaches and 1/4 cup milk. Set aside. Combine remaining 2 1/2 cups milk and next 3 ingredients. Cook over medium heat 8 minutes, stirring occasionally. Remove from heat, stir in peach mixture and nectar. Pour into container of 4-qt. electric freezer. Freeze according to manufacturer's instructions. Yield: 1 gallon.

If this doesn't cool you off the new heat pump will.



It won't excite your tastebuds or satisfy your sweet tooth like homemade peach ice cream, but the new heat pump will keep you cool and content this summer.

The high-efficiency heat pump is the hottest news in year-round comfort.

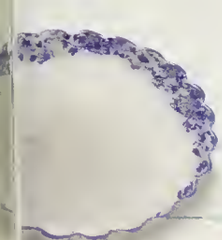
And if you're not aware of how much it has improved, it's probably costing you money on your heating and cooling bills.

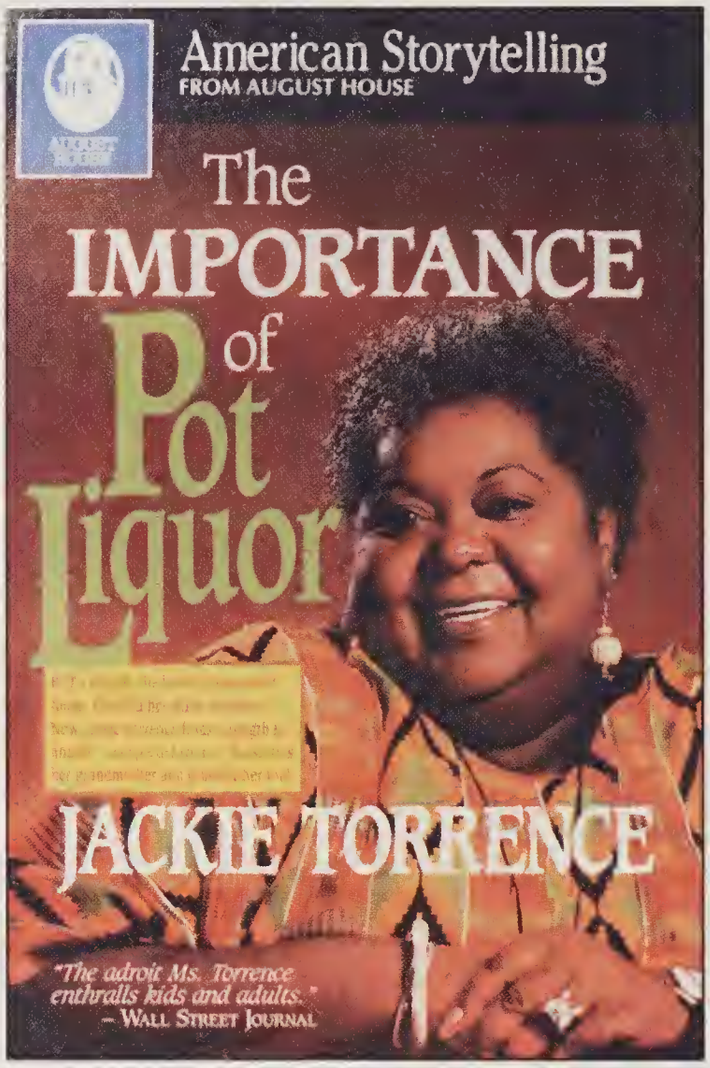
Call your electric co-op and get all the facts on the new high-efficiency heat pump.

You'll find out that staying cool has never been more economical.

CAROLINA **Electric Cooperatives**

Serving 1.6 Million Consumers In 95 North Carolina Counties.





Pot Liquor and Strawberry Pie

When the question of an appropriate title for her first book arose, storyteller Jackie Torrence was steadfast in her determination that it would be called, "The Importance of Pot Liquor" — even after it was suggested that it might be difficult to sell a book to families with both the words "pot" and "liquor" in the title. (To the uninitiated, pot liquor is the broth of simmered foods or the liquid left in the pot after cooking —an extract rich in vitamins and nutrients.)

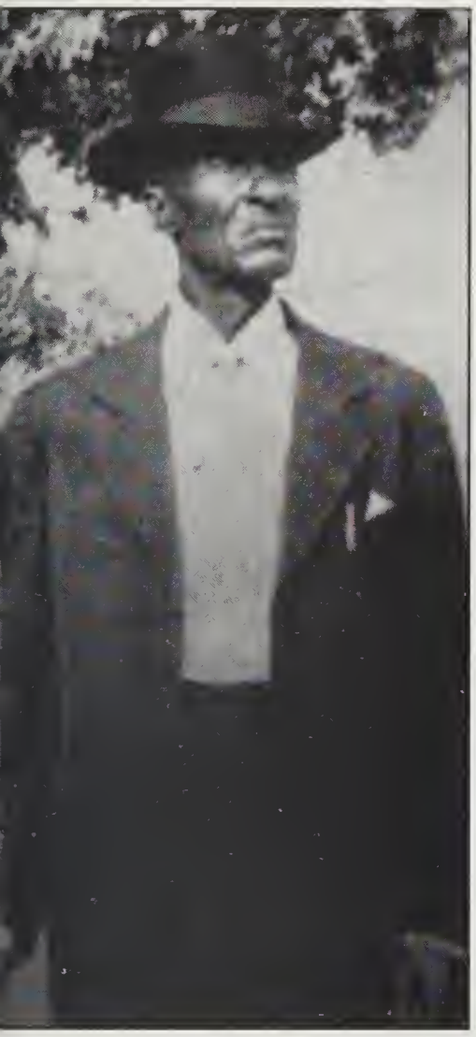
Growing up in the backwoods of Second Creek, near Salisbury, Jackie Torrence was physically nourished by her grandmother's good country cooking, but emotionally she was nurtured by another source, one which she describes as "emotional nourishment." That she found in the stories passed down from her aunts, uncles, and especially her grandparents. These original family tales, Bible stories, and traditional folktales with characters such as Br'er Rabbit and Tar Baby are uniquely intertwined with Torrence's own life story to form the essence, the "pot liquor" of her legacy.

In "The Importance of Pot Liquor" we learn that although Jackie Torrence comes from a tradition of homegrown storytellers, she herself has not always had a way with words. In fact, as a child she suffered from a severe speech impediment that, coupled with a weight problem, kept her silen and taunted by her peers.

"My mother took one look at me and decided I was so ugly I might be mistreated if they saw me, so she kept me."

With the encouragement and assistance of her ninth grade teacher, Mrs. Abna Lancaster, she received corrective dental surgery, an operation that changed her life. In 1988, Torrence received the "Annie Glenn Award" (named for the wife of Senator John Glenn, who overcame her speech impediment with aplomb) for overcoming her childhood disability.

She honed her state presenc as a teenager, reading the Scrip tures at school assemblies in Salisbury. She went on to Livingstone College, then marriec a minister. For eight years she and her husband traveled from one church to another through the Deep South and into Texas and Oklahoma. When her ma



andpa: "I would look in the same ection that he was looking in, hoping to what he seemed to see as he talked and red off in the distance."

ge ended, she returned to North Caro- a and worked as a librarian in High int. In the book, Torrence writes of w she stepped into storytelling. Jackie Torrence has been telling stories ofessionally for more than 15 years. e is considered one of the best in erica and is known to audiences ionwide as "the story lady." During her career she has received icism from time to time for returning he old Uncle Remus and Br'er Rabbit s of her ancestors. To her critics she onds, "Honey you don't have any le unless you know where you ne from."

Reprinted with the permission of the lisher.
The book is available at bookstores or the publisher. It is 112 pages, with tographs, and sells in hardcover for $12. more information, contact August se, P.O. Box 3223, Little Rock, AR 03. (800) 284-8784.

"The Strawberry Pie"

From "The Importance of Pot Liquor," by Jackie Torrence

My grandmother was a wonderful teller of tales, but my memory of late gets a great jolt when I think about the tales that my mother told me about her own growing-up years. One of the stories that I remember and love very much is the story of the strawberry pie. My mother must have been about nine years old when this happened. She was the youngest girl in the family, but she had a brother, Leroy, who was one year younger. Because the others were much older, she and her baby brother were the best of friends and shared everything, good and bad.

My grandmother kept her baked goods —bread, cake, pies, cookies— in a cabinet called a pie safe. The top shelves were off-limits to the children unless they were told to retrieve something from them. The very bottom shelf was the place where they could obtain a snack —if they asked first. Sugar cakes, sugar biscuits, and cookies could always be found there, and my mother and her brother made frequent trips to the pie safe.

My mother tells of visiting the pie safe one day and finding only cold biscuits. They were good, but Mom and Leroy were searching for sweet things. The top shelves, she knew, always contained pies and cakes for special meals. She decided to find out what was on the top shelf.

The shelf was just an inch or two out of her reach, so she stood on her toes and let her fingers do the searching. As her fingers moved about they moved into a pan with something soft and gooey. She removed her hand and licked her fingers. Strawberry pie! Strawberries were rare because their growing season was short and they just didn't can well, unless they were made into jam or jelly. Fresh strawberry pie was indeed a treat!

When my mother tells this story she always says that her taste buds outweighed her good sense, because first she ate as much as she could hold and then she fed Leroy the rest.

It seems that the pie had been made for the visit of the local preacher on Sunday, which was the next day. The time came to serve the pie, and my grandmother discovered the empty pan. She apologized for not having the promised pie and instead served something else.

After dinner, when the preacher had left, my grandmother asked who ate the pie. No one would admit to having eaten it.

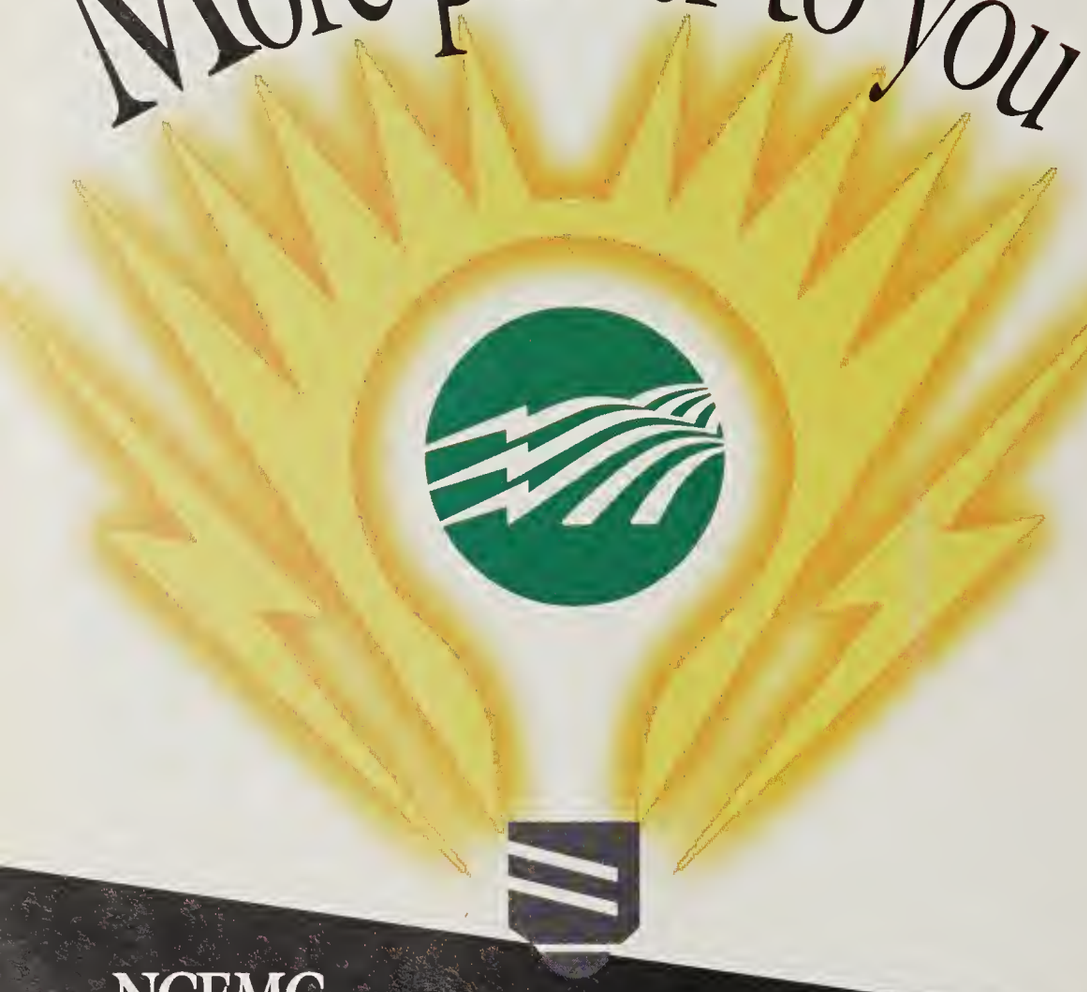
My grandmother said there was only one way to find out who did it. She reached up above the mantelpiece and took down an old double-barreled shotgun. The gun was not in good shape; in fact, it was held together at the barrel and handle with an old, oily rag wrapped around it. She placed the handle of the gun on the floor with the barrel between her knees.She asked each child to blow into the barrel of the gun. "The gun will smell strawberries on the breath of the guilty one, and it will shoot and blow your head off," she said.

All the children were afraid, but the guilty ones made their confession, and several other confessions that were not even asked for.

My grandfather then asked if Grandmother intended to punish them.

"No," my grandmother said, "they have already punished themselves."

More power to you



You can't stop a moving train, as they say, and likewise, you can't stop North Carolina's growth.

Business has been good statewide, especially in farm products, tourism, housing and research. The state unemployment rate in 1992 fell to under 4 percent and has held there. Economic indicators reveal substantial improvement in recent years in the quality of our commercial services, labor force, household income and education.

The rural and suburban areas served by North Carolina's 28 electric cooperatives in 95 of the state's 100 counties have been the scene of much of the economic growth. The need for electricity in the co-op service areas continues to rise.

The following pages describe growth patterns, forecasts and plans for North Carolina's electric cooperatives, assembled by North Carolina Electric Membership Corporation (NCEMC), the power supply organization of Carolina Electric Cooperatives.

NCEMC Plans to Build a Generating Facility

North Carolina Electric Membership Corporation (NCEMC) is evaluating sites in Davidson and Rowan counties as the location for a $200 million electric generation facility. Selection of a preferred site is expected later this year.

NCEMC plans to construct a combustion-turbine facility primarily fueled by natural gas, with oil used as a backup fuel only when natural gas is unavailable.

"This type of facility is highly efficient and environmentally responsible," said Wayne D. Keller, NCEMC's executive vice president. "Combustion-turbine technology, fueled by natural gas in combination with a steam generator that uses waste heat from the turbines, is extremely efficient and clean-burning."

The facility will take about two years to build and will begin operation in 2001.

"This facility will meet or surpass all environmental regulations," Keller said. "Being a good and responsible neighbor is our primary consideration. The project is part of our ongoing efforts to provide adequate, reliable electric power at the lowest possible cost to the 1.6 million people the electric cooperatives serve in North Carolina."

NCEMC is the power supply arm of the Carolina Electric Cooperatives network. As one-of the state's largest corporations with $1.6 billion in assets, NCEMC is the wholesale power supplier to 27 of the state's 28 electric cooperatives.

NCEMC studied two options to provide this power. One option called for an independent power producer to build a facility and supply electricity to NCEMC under a long-term contract. The other option, the "self-build" option, called for NCEMC to site, build and operate a facility.

Power Needs Are Rising Steadily

Between 1983 and 1993, the total number of consumer accounts NCEMC served grew by more than a third. Ten years from now, the number will grow again by almost the same amount. In 20 years, NCEMC expects to serve more than twice the number served in 1984.

Growth is occurring in all areas: residential, commercial and large accounts. At present, more than three-quarters of NCEMC's electricity sales go to residential accounts, while the remaining are to commercial accounts and industrial accounts, including factories, large farms and schools.

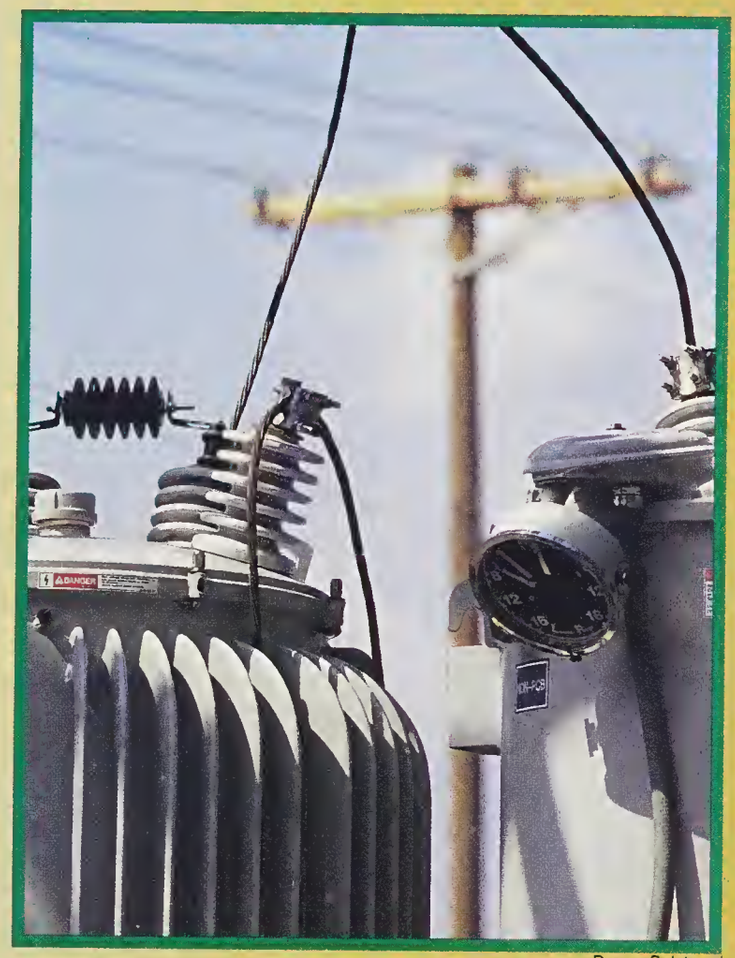
Most of the state's growth has been in the Piedmont area, specifically the regions around Charlotte, the Winston-Salem-Greensboro-High Point "Triad," and Raleigh-Durham-Chapel Hill "Triangle." As a result, NCEMC has seen most of its consumer base grow in those areas. One co-op, Central Electric Membership Corporation, based in Sanford, saw its number of consumers rise almost 6 percent between 1991 and 1992.

Co-ops serving areas near expanding cities have experienced corresponding growth, including Wake EMC near Raleigh-Durham, Crescent EMC near the Piedmont Triad cities, Union EMC near Charlotte, Lumbee River EMC and South River EMC near Fayetteville, and Brunswick EMC and Four County EMC near Wilmington.

The coastal area has grown most rapidly. Three coastal electric co-ops —Brunswick, Cape Hatteras and Carteret-Craven— have seen consumer bases more than double since 1980.

As the population grows, the demand for electricity will grow even faster. Trends clearly point to more use of clean, electrical appliances and technologies.

Between now and 1997, for example, the number of NCEMC consumers is expected to grow steadily while the electricity requirements are expected to increase at an even higher rate. Demand for electricity will continue to grow faster than the growth rate in consumers through the year 2012.



Duane Salstrand

Where Will the Power Come From?

NCEMC has planned to meet the power needs of its member cooperatives by placing itself in the most flexible position possible. Significant agreements toward this end were forged in 1993 and will be implemented this year.

"We are now in a most favorable position," said Wayne D. Keller, executive vice president of NCEMC. The corporate strategic plan, approved by the NCEMC board of directors in June, not only calls for NCEMC to seek new sources of power for 80 percent of its needs, Keller said, but also will stabilize rates to consumer-members.

Keller said NCEMC has achieved "flexibility" in seeking new, more economical sources of power for most of the load requirements that will allow rates charged by the cooperatives to be comparable to those of the other principal electric utilities serving the state, including Duke Power, Carolina Power and Light (CP&L), North Carolina Power, and the several municipal utilities.

At present, NCEMC acquires about 30 percent of its power by virtue of its part-ownership of the Catawba Nuclear Station

"The NCEMC board approved the self-build option because it offers substantially greater savings to our customers rather than contracting with an independent power producer," Keller said. "NCEMC is a very large corporation, but because we're not-for-profit we seek only enough revenue to maintain our existing operations and adequately provide for future growth. For these reasons, the self-build option is more cost effective for this particular project."

Scheduled to begin operation by Jan. 1, 2001, the new facility will provide its host county with more than $1 million in tax revenue annually. The facility will create about 100 jobs during its two-year construction phase and, when completed, 20 to 25 permanent jobs with an annual payroll approaching $1 million. Most of the jobs created are expected to go to local residents.

For more information about the planned generating facility, contact Jay L. Johnson, manager of Corporate Communications, NCEMC, P.O. Box 27306, Raleigh, N.C. 27611. (800) 662-8835.

in York County, S.C. Its ownership share provides NCEMC a guaranteed power supply from Catawba into the future.

Additional power is available from two NCEMC-owned diesel generators, a 15-megawatt station in Buxton and a 3-megawatt station in Ocracoke, both operating since 1991.

NCEMC has purchased its remaining power on the wholesale market. Recent changes in the utility industry and in federal regulations, however, have opened the door for NCEMC to change its power purchasing strategy.

One of NCEMC's wholesalers has been CP&L. In 1992, CP&L provided about 50 percent of NCEMC's requirements. Until recently, CP&L was under power supply contractual obligations to 17 individual electric co-ops. Under a new agreement effective this summer, NCEMC will assume sole contractual responsibility on behalf of the co-ops and will exercise an option to seek 200 megawatts from another source.

"We will phase in new sources of supply over a period of time, beginning in 1996," said David Beam, manager of planning for NCEMC's Power Supply Division.

In June, the NCEMC board approved buying the new supply from American Electric Power, which Beam described as "one of the largest investor-owned utilities in the U.S., with a system of 24,000 megawatts serving a multi-state region. This will be a very reliable supply that can be delivered directly to the CP&L system."

Additionally, NCEMC plans to build a 330-megawatt generating plant to serve supplemental power needs of cooperatives in the central and western Piedmont areas of the state. The facility will take two years to build and is scheduled to begin operation by January 2001.

NCEMC policy requires that all costs and benefits of its projects be shared equally by member cooperatives. Thus, while the new supply from American Electric Power will serve 17 co-ops and the new generating facility will serve peak demand of 10 co-ops, the combined savings will be spread equally among all the co-ops.

"Both these projects will result in a significant savings in the power cost for our member co-ops compared to today's cost," Beam said. "This translates into much more competitive rates."

Duane Salstrand

Controlling Demand

An effective approach to managing power requirements is to control the actual demand for electricity. Measures include consumer conservation, energy-efficient appliances and building construction, and specific load control techniques.

Managing demand for power is critical to NCEMC cooperatives, because most of their power is purchased rather than generated by their own power plants. Controlling demand is especially effective during peak demand periods —hot or cold days, and times when household use is highest— because the cost of purchased power is highest then.

For 10 years, NCEMC has been cited as a model system in its direct load control programs. The NCEMC state office in Raleigh receives signals when load control is required anywhere in the state. In turn, the Raleigh control center can activate switches on water heaters, air conditioners and some heating systems of co-op consumer-members who participate in the program. Nearly a third of all eligible water heaters and air conditioning systems in NCEMC co-ops were outfitted with load control devices in 1992. In the summer of 1992, for example, peak power demand statewide was reduced 3.8 percent by the load control system.

To compose its Least Cost Integrated Resource Plan in recent years, NCEMC analyzed more than 50 technologies for cost-effective demand management. Planning manager David Beam said the plan calls for the following technologies to be pursued at the co-op level this year:

- More load control devices: These include the switches that can turn off or "cycle" water heaters, air conditioners and some heating systems during peak use times.
- Adjusting load control for seasonal changes: This will involve modifying the cycling periods for air conditioners in spring and fall.
- Promoting use of Electric Thermal Storage: These are residential energy conservation systems that store heat in a ceramic unit that can release the heat later during a peak demand period.

Preparing for Change

Beyond the cooperatives' power supply requirements, NCEMC also studies other trends in the energy industry, such as legal, regulatory and territorial issues.

As North Carolina aggressively pursues new industry, the cooperatives have their own economic development programs to negotiate ways and means for an attractive employer to locate or expand within their service territories. North Carolina's utilities have assigned territories to serve, but some areas remain unassigned; utilities often vie with each other to serve those areas when a consumer moves into them. Some municipalities may officially annex territory in a co-op area to be served by their city-owned utility.

Also, the electric utility industry itself is likely to change in ways similar to the telecommunications industry. Already, policies and regulations are being adjusted at the national and state levels that will affect where and how utilities can provide electricity.

NCEMC is creating as many options as it can to prepare for the possibilities that lie ahead, Beam said, so it is not bound to any single course: "We need to be competitive in any scenario."

BUY DIRECT & SAVE! 88¢ Health & Beauty SALE!

400 I.U.
VITAMIN E
CAPSULES
~~$1.79~~
100% Protection
30 Capsules
No sugar, starch, preservatives or colors.

Relieve *Stress*
Naturally
VIRO
~~$3.95~~
30 Tablets
100% natural herb formula guaranteed to relieve stress.

600 mg.
CALCIUM
~~$1.95~~
30 Tablets
Easy-to-Swallow
Micro Film Coated.

500 mg.
GARLIC OIL
~~$1.29~~ 50 Capsules
500 mg. Fresh garlic suspended in natural vegetable oil.

Attention Dieters!
KELP, LECITHIN, B-6
and Cider Vinegar
~~$1.95~~ 50 Tablets
Nature's weight control supplement.

100% Natural
PURE LANOLIN
~~$3.95~~
2 oz. jar
Nature's best skin softening agent.

42% Aloe Vera
MIRACLE RUB
~~$2.95~~ 1 oz.
Relief for arthritis, backaches and sore muscles.

DOLOMITE
TABLETS
~~$1.49~~
50 Tablets
Natural Calcium and Magnesium for cardiovascular health.

500 mg.
SPIRULINA
~~$2.50~~ 40 Tablets
Nature's perfect weight control supplement. Spirulina is high in vitamins & minerals.

KELP TABLETS
~~$1.95~~ 50 Tablets
Kelp is a rich source of plant iodine. Nutritionally valuable for a healthy thyroid.

500 mg.
GINKGO BILOBA
~~$4.95~~ 30 Tablets
"Keeps your mind as sharp as a tack"

ALL ITEMS
88¢ each
HERB WORLD™
SALE
Offer Expires 09/15/94
Order any 6 or more items for only 88¢ each, price for 1-5 items are as marked.

FREE With Every Order
Live Aloe Plant
Natures first aid plant. Keep on a window sill for burn emergencies in the kitchen.
Please include 50¢ for shipping.

Used & Praised By Millions Since 1910
HERBAL LAXATIVE
~~$4.95~~ 50 Tablets
Nature's most refreshing laxative.

100 mg.
VITAMIN B-6
~~$2.95~~
50 Tablets
The necessary nutrient that keeps nerves and skin healthy.

50 mcg. Tablets
SELENIUM
~~$2.95~~
50 Tablets
Antioxidant.
The Best Potency For You!

50 mcg.
ZINC
~~$1.95~~
100 Tablets
Essential for older men and important for physical healing.

500 mg.
BEE POLLEN
~~$1.95~~
50 Tablets
Contains all the Important B Vitamins.

HOMEOPATHIC Arthritis TABLETS
~~$4.95~~
30 Tablets

CHAMOMILE EYE STICK
Helps eliminate wrinkles
~~$4.95~~
Helps reduce under-eye puffiness.

324 mg.
GINSENG
~~$2.95~~
25 Capsules
"You can feel the difference ginseng makes.

500 mg.
VITAMIN C
TABLETS
~~$1.29~~
with Rose Hips
30 Tablets
No sugar, starch, preservatives, or colors.

Dieters Choice
DAY HERBAL CLEANSING TABLETS
~~$4.95~~
Tablets

ALFALFA
HIGH POTENCY TABLETS
~~$1.50~~ 125 Tablets
You can't find an herb higher in vitamins and minerals.

CRANBERRY
CAPSULES
Your urinary tract's friend
~~$1.75~~
1132 mg.
50 Capsules

99 mg.
POTASSIUM
TABLETS
~~$1.49~~
Healthy Heart
100 Tablets
Important for nervous function and fluid balance within the body.

COCOA BUTTER CREAM
~~$3.95~~ 2 oz. jar
Many women praise its vanishing effect on stretch marks & wrinkles.

HOW TO ORDER

BD10

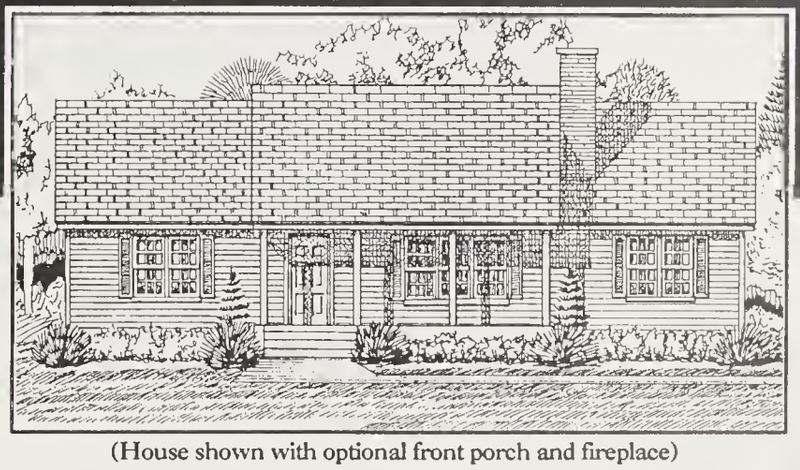
Send your name and address on a sheet of paper along with the items you would like to order. Please include $2.50 for shipping and handling for your order. Send to:

Indiana Botanic Gardens, Inc.
P.O. Box 5 Dept. CCTG, Hammond, IN 46325
100% Money Back Guarantee!

ASK ABOUT OUR RATE LOCK GUARANTEE

Build On Your Lot From $55,000

Or Ask Us To Find The Best Lot For You!



(House shown with optional front porch and fireplace)

The Franklin From $67,500

- Visit our offices at 6300 Independence Boulevard, Suite C, Charlotte, NC 28212 (704) 568-6884, 4621 New Bern Ave., Raleigh, NC 27610 (919) 231-6165, 1808 Mt. Hope Church Road, McLeansville, NC 27301 (910) 697-0440.
- Quality homes affordable priced from $55,000 to $215,000.
- Building on your lot - anywhere in the mid-Atlantic region.
- Over 38 years experience.
- "Stick Built" and completely finished on your improved lot.
- 31 floorplans from which to choose.
- 100% financing for qualified land owners.
- No downpayment or closing costs.*
- Get the most home for your money - call 1-800-807-9898 or mail the coupon.

American Family Homes®

For a free brochure or appointment, call 1-800-807-9898 or mail to: American Family Homes, P.O. Box 220609 Charlotte, NC 28222

Name_____

Address_____

City/State/Zip_____

Home Phone_____ Business Phone_____

❑ I already own a lot in_____ County, _____ State

❑ I am interested in buying a lot in_____ County, _____ State

❑ Please send me a FREE American Family Homes Video

CC 8/94 **For Qualified Homebuyers*

HOW 10 YEAR PROTECTION

EQUAL HOUSING OPPORTUNITY

American Family Homes, Inc. is a wholly owned subsidiary of Interstate General Company L.P.

"My day really begins when Ted walks in the door."

Friends for Life

Text and photos by Kim Whorton

Rochella Baker flanked by her husband, Ted, and Hospice friend, Sue Wikstrom.

Rochella Baker loves each day of her life almost as much as she loves her husband, Ted. Her devotion to living, and her husband's devotion to her, have made Rochella's life longer than she thought it would be. Ten years longer.

In 1984, Rochella was diagnosed with amyotrophic lateral sclerosis, known as Lou Gehrig's disease. It is a rare, progressive, degenerative and fatal disease that affects the spinal cord and is characterized by a loss of muscle control. There is no cure or direct treatment.

The prognosis for Rochella 10 years ago was not good. Her doctors advised her to go home and live the next six months to the fullest. Beyond that, they said, there were no guarantees.

Rochella and Ted, who live in Lexington and have been married 39 years, searched for alternative treatments and trial research programs. But Rochella was ineligible because of the advanced stage of her disease. So they turned their attention t living in the present and looking for help through support groups.

They both knew that one day Rochella's care might be mor than Ted could handle. "God knew we needed support," Rochella said. "We were so afraid of the unknown. We went to a support group, but it just wasn't for us."

The doctors tried to prepare the Bakers for a time when

friends and family would be reluctant to visit because they wouldn't want to face Rochella's condition.

But predictions of alienation proved wrong. Visitors turned out in droves. Known in the community as a loving and generous couple, the Bakers learned they already had a support group: longtime friends, neighbors and church members. Prayers and help from friends accompanied the Bakers through the first few years of acceptance and education while Ted was at work weekdays during those years.

I didn't know what to expect when I first visited the Bakers. I thought I'd probably learn something about sadness at least. Instead, I learned about hope and cheer and love. And I learned about the caring community called Hospice.

On the Bright Side

Over the years, Rochella Baker's illness has grown progressively worse. She no longer has use of her arms, and she cannot walk unassisted. She suffers muscle spasms and cramps, insomnia and a lack of appetite. Her speech is labored because she is losing control of her tongue. I had difficulty understanding her at first —Ted would repeat what she said— but soon I could understand her well.

"I'm not afraid to die," Rochella said plainly. "I think it will be peaceful and beautiful. I worry most about what Ted has to deal with."

In November 1993, Ted lost his job of 30 years when the business where he worked folded. He and Rochella were left with no health insurance and little hope for the future. But they naturally look for the bright side.

"When Rochella couldn't get around on her own anymore or use her hands and arms, I knew I needed to decide whether or not I could stay home and care for her," Ted said. "It's worked out okay. The Good Lord said, 'She needs you,' and He quit my job for me."

Ted stays home with Rochella now as her primary caregiver and attends to her meals, bathing, dressing and even fixing her hair and makeup. (She is a very pretty woman with a glorious smile, and she wants to look her best no matter who sees her.)

Just when the Bakers seemed to be struggling to keep their wits, a friend from church visited them. She was Sue Wikstrom.

"When Sue introduced the idea of Hospice to us we knew immediately that this is where God wanted us to be," Rochella said.

"We had been friends for many years," Wikstrom said. "So I talked to them about the services Hospice could provide and they decided that this was the way to go."

Sue Wikstrom knows what Hospice means to families. She has played an integral role in Hospice of Davidson County since its beginnings, serving as president of the board for two years and later as a volunteer. She learned about Hospice firsthand when her mother was dying with cancer. "I felt I owed a debt to Hospice," she told me. "I spent nearly five months in California when my mother was dying with cancer, and their support made a great difference in the quality of both our lives."

Sue Wikstrom has become a very special person in the lives of Ted and Rochella Baker. Such friendship is typical, says Linda Hunt, director of community relations for Hospice of Davidson County. All Hospice volunteers are special people, she says, and they are carefully screened before they begin Hospice training: "You choose them like you would pick a flower: pick the sweetest, prettiest one."

Her Sunday school class is now named The Rochella Baker Class to honor her "Christian example."

The Hospice program is based on the idea that terminally ill patients have the right to live with dignity and to die as comfortably as possible, surrounded by their loved ones.

The Hospice goal is to enable patients to carry on their remaining time alert and pain-free, with symptoms under control, so that their last days may be spent gracefully at home, surrounded by people who love them.

All Hospices vary in their programs, but each have the same basic tenets:

- *Palliative, rather than curative treatment.* Under the direction of a physician, Hospice uses sophisticated methods to control pain and symptoms so that the patient can live as comfortably and fully as possible.
- *Treat the person, not the disease.* The Hospice team is made up of professionals who address the medical, emotional, psychological and spiritual needs of the patient and family, all of which are considered of equal importance.
- *Emphasize quality rather than length of life.* Hospice affirms life and regards dying as a normal process.
- *Consider the entire family, not just the patient.* Patients and families are included in the decision-making process, and bereavement counseling is provided to the family after the death of their loved one.
- *Help and support to the patient and family 24 hours a day.* Help is only a phone call away. Patients routinely receive in-home services of a nurse, certified nursing assistant, social worker, volunteer, chaplain and other members of the Hospice team.
- *Care available by most Hospices regardless of ability to pay.* Some Hospice programs don't charge for their services, but instead rely on financial support from the community.

"Here comes Sue"

For Ted and Rochella, Hospice means peace of mind. "Hospice checks her out with a fine-tooth comb," says Ted.

"And I have to fight to keep them off of me," he says with a smile that won me over as soon as he greeted me at the door.

Sue Wikstrom is lucky enough to see that smile as often as she does. She telephones the Bakers daily and drops in on them twice a week. Sometimes she cooks. Sometimes she helps Rochella with her correspondence. Sometimes she just listens.

"I'm able to share my fears and concerns with Sue," says Rochella. "By the time she leaves I always feel better. She always says the right thing. I can tell her things that I wouldn't say to Ted because I don't want to add worry to his heart.

"Sometimes I think, 'Lord, what will I do?' But then, here comes Sue."

Before Ted lost his job Rochella was frightened, sometimes, when she was home alone. "I'd have a need, something that I couldn't do for myself, and Sue would just show up," Rochella says. "I was amazed at Sue's routine, that she could find the time to drop by night or day."

Rochella insists that Hospice volunteers are endowed with perfect timing. "See how God's hand is in Hospice?"

The Bakers are grateful to Hospice and what it has meant to the quality of their life together.

"If I can help promote Hospice by talking to you," she said to me, "that's what I want to do. I knew long ago that this was a wonderful program and much needed. Ted and I supported it from the beginning, never dreaming that it would be our saving grace."

Sue Wikstrom will tell you in no uncertain terms that volunteers get as much out of the program as the patients.

"Ted and Rochella give me as much support as I give them," she says. "People don't realize that Hospice volunteers and families can have fun together. We've cried together, but it's far more often that we laugh together."

I asked Ted and Rochella what they would like to tell others.

"Things are tough," Rochella said, "but they could be tougher. We're just thankful for every day."

"People should remember," Ted added, "that if you let people know you need help, you can get it."

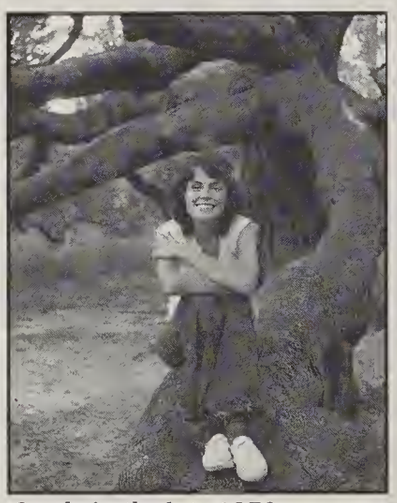
Sue Wikstrom is a consumer-member of Davidson Electric Membership Corporation.

Philip Morgan photos

This photo of Sandy won a national award of excellence from Hospice.

The images last forever

In 1979, Sandy Morgan became the first patient served by the Lower Cape Fear Hospice of Wilmington. A nursing student at the time, Sandy and her husband, Philip, were supporters of Hospice even before the onset of her illness, a rare form of cancer.



Sandy in the late 1970s.

Sandy died in 1980 at age 28. Philip had attended to her constantly for 18 months. He was chief photographer at WWAY-TV, Channel 3, Wilmington then. He soon found himself taking photographs showing the joys and sorrows of those months. He shot hundreds of pictures. He said it was emotionally gratifying for both of them: "You can look at someone through the camera and have even stronger feelings, because you want to capture those feelings forever."

Such feelings can produce powerful photographs.

Philip later received the National Hospice Organization's highest Award of Excellence for educational achievement for one of the photographs.

Today, Philip still thanks Hospice for how it helped him and his wife cope in the last months of her life. In turn, he lends his support and his story to help Hospice: "I think Hospice is a service to our culture and that's why I share Sandy's story. She would have wanted me to do it. She was a real soldier."

Philip H. Morgan is member services representative and photographer with Brunswick Electric Membership Corporation.

Hospice of the Carolinas

For information about a Hospice Program near you, contact Hospice of the Carolinas, an administrative organization for all the programs in North and South Carolina. (800) 662-8859.

Guaranteed Profits With A Proven Seller!

Make $825.00 to $6,600.00 and more selling

SAFETY FIRST AID KIT

A must for everyone and the perfect travel companion! This FIRST AID KIT is packed with the eleven most needed First Aid supplies for auto, home and away from home emergencies.

Each kit includes bandages, a road flare, gauze pads, adhesive tape, latex gloves and a rescue breather to make CPR easier.

Earn Up To 50% Profit!

Sell each SAFETY FIRST AID KIT for $6.00 and keep a big $2.70 profit on each sale. Packed 25 Kits to a case, your group will earn Giant Profits of $67.50 on each case sold. PLUS BONUS PROFITS — For every 10 cases you order and sell you receive one FREE case worth $150.00 more in profits! Call toll-free to order now!

PROFIT CHART

SELL	FREE BONUS	TOTAL PROFIT
5 cases		$ 337.50
10 cases	1 case	$ 825.00
20 cases	2 cases	$1,650.00
50 cases	5 cases	$4,125.00
80 cases	8 cases	$6,600.00

Start Selling With Spirit!

CALL 1-800-628-3671 TO ORDER NOW!

Spirit of AMERICA FUND RAISERS
P.O. Box 709
Montgomery, AL 36101-0709

Order Today

SPIRIT OF AMERICA FUND RAISERS

P.O. Box 709 • Montgomery, AL 36101-0709

☐ Please send _____ Cases of SAFETY FIRST AID KITS. (Minimum 5 Cases)

☐ Please send a sample SAFETY FIRST AID KIT. Enclosed is $6.00.

MADE IN USA

ORGANIZATION'S INFORMATION

Your Name _____ Title _____ Phone ( ) _____

Group's Name _____ Number of Members _____

School/Church Organization's Name _____ Phone ( ) _____

Organization's Address _____

City _____ State _____ Zip _____

ADULT RESPONSIBLE FOR ORDER/PAYMENT

Bill To Name _____ Home Phone ( ) _____

Address _____ Day Phone ( ) _____

City _____ State _____ Zip _____

Signature _____ Scheduled Sales Date _____
(Adult Leader/Sponsor)

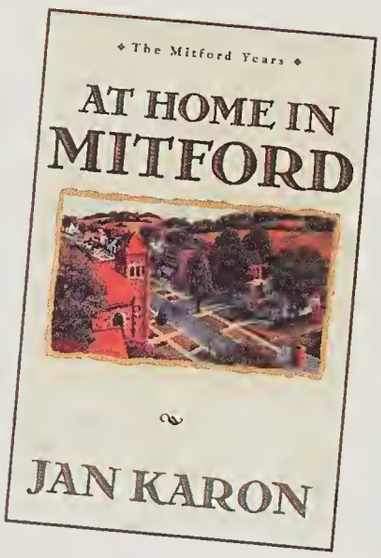
TERMS: Payment due in full 30 days from date of receipt of merchandise or scheduled sales date whichever is later. All orders subject to approval. For convenience, we prepay freight/handling charges. These charges appear on your invoice and you are given FREE KITS. The retail value of these FREE KITS covers freight charges. Full cases may be returned freight prepaid by you for credit less a $2.00 per case reinspection charge within 45 days of sales date. To qualify for FREE BONUS CASES, full payment must be made by invoice due date with no returns. Price and styles subject to change.

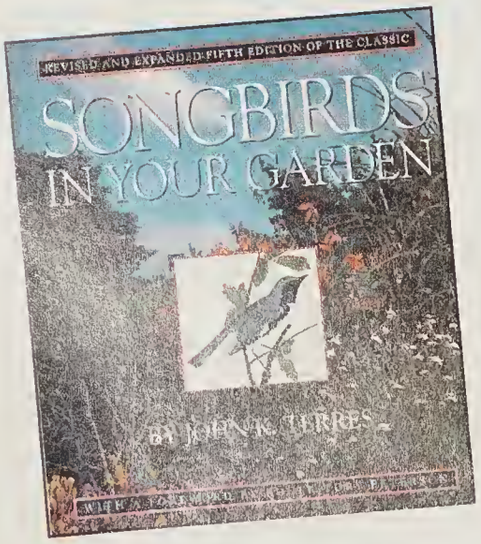
2MCCA48

Books

by Peggy Howe

Summer reading.





Inshore Fishing the Carolinas' Coast

Bob Newman
151 pages, softcover

"Inshore Fishing the Carolinas' Coast" answers the questions avid anglers have about successful game fishing along the coasts of North and South Carolina.

Author Bob Newman, a career U.S. Marine and wilderness survivalist, dedicates a chapter to each of the following fish, plus other favorite game fish: bluefish, king and Spanish mackerel, seatrout and flounder. Answers include how and where to find each fish, best lures, boats and equipment. Other chapters cover specifics on fishing "hot spots," regulations and limits and charter boats and guides. Includes a listing of environmentally conscious organizations for information on conserving the coast's depleting natural resources.

Available at bookstores for $13.95 or from Down Home Press, P.O. Box 4126, Asheboro, N. C. 27204; (910) 672-6889. North Carolina residents add 84 cents sales tax. Shipping is $1.50.

At Home in Mitford

Jan Karon
458 pages, hardcover

In her first novel, author Jan Karon returns to her North Carolina foothills roots to portray a village not unlike Blowing Rock.

After 12 years of dedication to his parishioners, Father Tim, bachelor rector of a small mountain parish in the picture-perfect town of Mitford, N. C., is experiencing burnout. To add insult to injury, a hostile unloved boy is thrust into his care, a giant stray dog invades his serenity, and he is a bit disturbed by the attentions of an attractive new neighbor.

Readers see the flower-bedecked Mitford through Father Tim's eyes, and villagers become an extended family with the same secrets, heartaches, hopes, fears and surprises — and gossip — as any town. Enter Mitford and you won't want to leave.

Available for $11.95 in bookstores or from Lion Publishing, 20 Lincoln Avenue, Elgin, Ill. 60120; (800) 447-5466.

A Whole New Life: An Illness and a Healing

Reynolds Price
213 pages, hardcover

Acclaimed North Carolina writer and Duke University professor Reynolds Price offers his newest book, "A Whole New Life: An Illness and a Healing." Described as "his most distinctive and haunting work," the book is an account of his own affliction and renewal — a poetic memoir of battle with cancer.

Ten years ago, while in the middle of writing what was to become his award-winning novel, "Kate Vaiden," Price suddenly was stricken with severe cancer of the spine. In "A Whole New Life," for the first time he offers an eloquent and profoundly moving account of his long struggle to withstand and recover from the disease. He faced death, was left a paraplegic but is now renewed and closer to God.

The book is called "a remarkable gift of hope and useful guidance for anyone who must cope with suffering and loss." Price offers his relevant poems, penned during his illness, in their entirety.

Available in bookstores for $20 or from Atheneum, a division of Macmillan Publishing Co. (212) 702-3425.

Songbirds in Your Garden

John Terres
288 pages, softcover

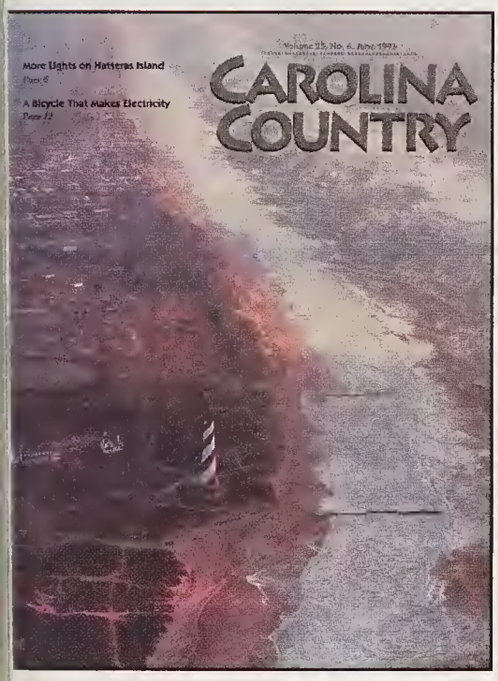
At long last, an absolute treat for bird lovers is again available. Called "America's best loved guide to feeding and attracting birds," the classic "Songbirds in Your Garden" will acquaint new and experienced bird watchers with the pleasures of building a feeder or landscaping a yard for both food and shelter.

This updated fifth edition, described as "a national treasure," includes practical suggestions, easy to read sidebars, informational boxes and charts plus 52 detailed profiles of birds that commonly visit home feeders. An introduction by Roger Tory Peterson, index and appendices complete the book.

Available in bookstores for $14.95 or from Algonquin Books, P.O. Box 2225, Chapel Hill, N.C. 27515-2225; (919) 697-0108.

Mailbox

Keep those letters coming.



What Do You Think?

Send us a letter or a fax about our articles or the good work of your electric cooperative. We will publish what space allows. Messages should be brief and must include your name and telephone number (for our verification only). All are subject to editing. Our address is Carolina Country, P.O. Box 27306, Raleigh, N.C. 27611. The fax number is (919) 878-3970.

Glimpse of Freedom

It is almost time for me to pack up and return to the USA after a year (my fourth) in north-central China. Before I go I want to let you know that an issue of Carolina Country (June 1993) made its way to this far corner of the earth, and it has been thoroughly read, studied, pondered and examined by dozens of students.

I must admit that the cover showing Cape Hatteras lighthouse in the light of morning sustained me during times of homesickness and frustration with China. Students in this inland province have never seen such a structure, and some students couldn't imagine why a million people weren't on the beach. "Do you mean it's not crowded?" they asked.

However, the page that brought the most comments was page 19, "Congressional Roll Call." Without exception they could hardly believe that an ordinary person can contact the national leaders —something unthinkable in this socialist paradise! They read every name, address and telephone number . . . and gawked in disbelief that the block in the lower right-hand corner contained President Clinton's telephone number!

Thanks for giving me an excellent teaching tool as well as an eye-opener to untold legions of Chinese who will tell and re-tell about this glimpse of freedom.

Steven W. Leonard
Lexington
Davidson EMC

Mr. Leonard wrote from Teacher's College of Shanxi University, Taiyaun, Shanxi Province.

Patient People

I would like to thank you and Nell Perry Bovender for the several fine articles about nurse practitioners and the excellent services they provide. ["Nurses Extend Rural Health Care," April 1994]

Nurses in general treat the whole person and work hard to prevent disease, injury and discomfort. Because of their additional education and experience, nurse practitioners now can do more to improve the health and well being of the people they serve. And they are more than just physician extenders. Nurse practitioners take more time, really listening to their clients. And because of their well-honed observation skills, they know when to call in the physician. Many of these clients might never have gotten to the doctor any other way.

What works best, of course, is doctors and nurses working together. The future of quality health care depends on it. Although I am not a nurse practitioner, I have spent many years as a nurse and am still at it. I respect and admire the commitment nurse practitioners bring to their work and would be delighted to have more working here in Watuaga County.

Mary Noel Gorka, R.N.
Blowing Rock

Found Little Red

Thank you for publishing "In Search of Little Red" ["Mailbox," June 1994]. I have received the pattern for Little Red Riding Hood, Grandmother and Big Bad Wolf that I had been looking for.

Lou Anne Cogburn
Canton

Good Old Mood

I really enjoyed the article "A Shining Reservoir of Respect" by J. Douglas Donehue ["Our View," June 1994].

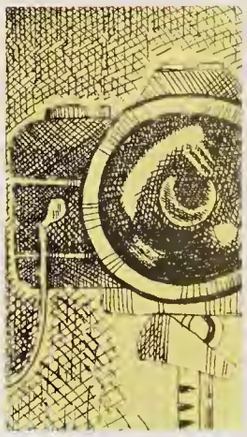
Mr. Donehue indicates he and his family are still enjoying those "good old days" [before electric service], at least a little bit: "The pump snaps on and off as the demand for water in the home dictates."

I do not mean to brag, but I live where most rural residents enjoy county-wide water systems.

Lastly, those few times when the power goes off, I prod my mother to tell me about when she was a little girl and there was no such thing as electricity in the country. It gives me a warm feeling all over. I try to imagine living in the "good old days." (We use kerosene lamps, still.) But just as I am settling into the mood, the electric lights, refrigerator, etc. come on, and spoil my mood.

Walter D. Tatem
Hobbsville

Focus



North Carolina news you can use.

Goodness Grows Visa card

Now you can use a Visa card and promote North Carolina agriculture at the same time.

The card is a normal Visa credit card from First Union National Bank, but it carries the proud promotional lines "Goodness Grows in North Carolina" and "Select North Carolina's Best," and are part of the N.C. Department of Agriculture marketing campaign.

The Charlotte-based First Union will contribute one-half of 1 percent of total card purchases to N.C. Agricultural Promotions, Inc., an organization of farm and commodities leaders who will promote North Carolina-grown agricultural goods.

The credit card program is the first in the nation to be affiliated with a state agriculture department.

Cardholders will receive benefits beyond promoting state agriculture: no annual fee, Visa Classic or Visa Gold versions, interest rates based on the nation's prime lending rate plus a reasonable market percentage rate, discounts with selected Tar Heel companies, travel agencies, restaurants, hotels and attractions.

The program is intended to "increase the money we have to promote North Carolina agriculture without having to rely completely on taxpayer support," said state commissioner Jim Graham.

A quarterly newsletter will be distributed to cardholders in billing statements.

For more information, contact Goodness Grows Visa Card, N.C. Department of Agriculture, P.O. Box 27647, Raleigh, N.C. 27611.

Model Co-op E-4 Tractor

The Cooperative Council of North Carolina has a limited number of scale model Co-op E-4 tractors for sale. It is an authentic model, die-cast, co-op orange toy with distinctive details.

These tractors were sold by farm supply cooperatives across the South and Midwest from 1935 until the late 1950s. The E-4 was one of four series of tractors with the co-op label sold in North Carolina beginning in 1952, manufactured by Cockshutt Plow Company.

The council expects to offer another model next year to continue its fundraising effort.

Tractors cost $45.35 postpaid. Case lots may be available. Checks payable to Cooperative Council of N.C. may be directed to P.O. Box 10426, Raleigh, N.C. 27605. (919) 834-5544.

New assistance for woodland owners

Woodland owners are eligible to enroll in a new Forest Stewardship Program intended to conserve and manage forest resources for the benefit of the landowner.

Organizers are affiliated with N.C. Cooperative Extension Service and N.C. Forest Service.

Participants receive a long-range management plan prepared by a county Stewardship Committee composed of resource professionals who know local conditions. Cost-share programs covering up to 75 percent of costs will be available to help landowners improve wildlife, recreation, soil, water and timber resources.

Landowners must endorse the stewardship concept, follow their plan, commit to improving at least three resources and maintain remaining resources.

Any non-industrial, private forestland owner with a minimum of 10 forested acres may inquire. Plans encompass the entire forested area of the participating tract.

For more information, contact Forest Stewardship Program, P.O. Box 27687, Raleigh, N.C. 27611. Or contact your N.C. Forest Service county ranger or Cooperative Extension Service.

Extension Homemakers cookbook

The North Carolina Extension Homemakers Association is offering its cookbook to individuals and organizations.

"From the Mountains to the Sea: Favorite Tar Heel Recipes" was first published in 1992 to benefit the Extension Homemakers' family literacy project. Recipes were submitted from among the 19,000 members of the association who live in all North Carolina's counties and the Cherokee Reservation.

It is a 232-page book with comb binding and includes an index.

Single copies cost $12.50 postpaid. A case of 38 books costs $310 postpaid. Checks payable to NCEHA, Inc. may be directed to Charles M. Carlisle, 3C Jupiter Trail, Jacksonville, N.C. 28546.

What Makes Music?"

The Museum of Life and Science in Durham presents "What Makes Music?", an exhibit on the basic principles of sound combined with the magic of music.

The exhibit offers opportunities to make your own music using xylophone bars, computers, drum machines, or an upright piano soundboard. Staff will demonstrate the physics of sound. Visitors can make their own instruments, including kazoos an shakers. A Kurzeil K250 synthesizer will be demonstrated. And live music will be performed through the summer season.

For more information, contact the N.C. Museum of Life and Science, 433 Murray Ave., Durham, N.C. 27704. (919) 220-5429.

Start-up money for child care centers

Start-up and expansion money for child care services is available to 52 economically distressed North Carolina counties.

Loan guarantees are being made available through the N.C. Economic Development Center and three North Carolina banks —Centura, NationsBank and Wachovia. The banks will receive the applications from child care homes and centers.

The Rural Economic Development Center is administering a $500,000 fund established by the state General Assembly last year.

Individuals, partnerships, corporations or churches that intend to expand to develop a child care home or center may apply for a loan.

Contact the local branch of a participating bank to learn about what counties are eligible for the Child Day Care Loan Guarantee Fund or for more information.

Flounder limits

Information about new recreational flounder fishing limits received from the N.C. Division of Marine Fisheries and published in the June Carolina Country was incorrect. The new regulation limiting recreational flounder catches —a 14-inch minimum flounder, eight per person daily— applies only to hook-and-line fishing in the Atlantic Ocean. In all other waters, a 13-inch flounder is acceptable and there is no bag limit.

For more information, contact N.C. Division of Marine Fisheries in Morehead City at (800) 682-2632.

At last, a Mountain State Fair

A new state agricultural fair is set for Sept. 7-11 at the Western North Carolina Agricultural Center, south of Asheville in Fletcher.

The North Carolina Mountain State Fair, for years a dream of western mountain agriculturists, will be managed by the state Department of Agriculture. The theme is "The Year of the Forest" honoring the 50th anniversary of Smoky the Bear and recognizing the U.S. Forest Service.

Farm products and animals, displays, contests, rides, food and the usual big-time state fair entertainment are on the bill.

Deadline for entries for premiums is Aug. 15. Premium books are available at the fair office on 1301 Fanning Bridge Rd, across from the Asheville Regional Airport.

"The Green Book" market guide

A new market guide entitled "The Green Book" can help North Carolina farmers and growers find places to sell products from Virginia to Georgia.

The guide is especially helpful for small farmers looking for a "niche market," according to Marjorie Bender, executive director of the Carolina Farm Stewardship Association.

The 71-page guide was jointly published by the association and N.C. A&T State University's Cooperative Extension Program.

Copies are available for a $3.50 check to N.C. A&T University Cooperative Extension, C.H. Moore Agricultural Research Facility, Greensboro, N.C. 27411.

Old newspaper project

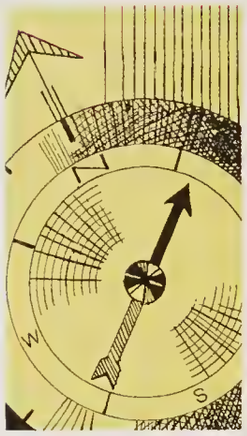
The mountain counties and sections of southeastern and northwestern North Carolina soon will be visited by state researchers collecting old newspapers.

The N.C. Newspaper Project of the state Department of Cultural Resources is placing on microfilm and on computer more than 2,000 community newspapers before the papers deteriorate. Most editions come from local libraries and newspaper offices, but the project has turned up some interesting ones in private hands.

The collection is expected to be available for public research in 1996.

Chief researcher is Chris Mulder, Department of Cultural Resources, 109 E. Jones St., Raleigh, N. C. 27601-2807. (919) 733-4488.

Here, There and Everywhere



Across North Carolina.

Deadlines

Deadlines for submitting notices to "Here, There and Everywhere."

September issue.....July 25
October issue .....August 25
November issue .....Sept. 25

We welcome photos and illustrations of coming events. Send notices to Calendar, Carolina Country, P.O. Box 27306, Raleigh, N.C. 27611.

The Sneads Ferry Shrimp Festival parade, Aug. 13.

Tar Heel Farm Toy Show

Aug. 13, Burlington

More than 125 tables of farm-related toys (no planes or trains). Show is 8:30 a.m. to 3 p.m. at the Ramada Inn Convention Center. A toy auction will be held Saturday night at 6 p.m. Contact: Rick Murray, 7440 Apple-Murray Rd., Gibsonville, N.C. 27249. (910) 584-9829.

Carnival!

Aug. 11-13, Brevard

Rides, live entertainment, food, children's activities. Family Night begins Thursday at 5. Carnival runs Friday, 1 to 10 p.m.; Saturday, 10 a.m. to 10 p.m. Benefits Transylvania Community Hospital Critical Care Unit. Contact: County Recreation Center, Ecrusta Rd. (704) 877-4700.

Sneads Ferry Shrimp Festival

Aug. 13, Sneads Ferry

Arts, crafts, concessions, parade, carnival, shrimperoo and military displays. Last year's festival attracted more than 10,000 people. Contact: Bernice Guthrie, 441 Peru Road, Sneads Ferry, N.C. 28460. (910) 327-4911.

Currituck Craft Fair

Aug. 13-14, Barco

This arts and crafts fair will be held at Currituck High School. Door prizes will be awarded every hour. Contact: Connie Brice, (919) 435-6461.

Herb Festival

Aug. 27, Durham

Displays of traditional uses of herbs. Plants, crafts and refreshments on sale. Contact: Duke Homestead State Historic Site, 2828 Duke Homestead Rd., Durham, N.C. 27705. (919) 477-5498.

Quilt Show

Aug. 26-27, Cruso

Displays of newly-made quilts as well as antique quilts. Includes a raffle for a log cabin design quilt. Hours are 10 a.m. to 8 p.m. on Friday, and 10 a.m. to 4 p.m. on Saturday. Contact: Jane Vokes, Rt. 2 Box 499, Canton, N.C. 28716. (704) 235-8130.

Littleton/LakeGaston Festival

Sept. 3, Littleton

Food, crafts, games and live entertainment from 10 a.m. until 4 p.m. Contact: Betty Harris, Rt. 1 Box 574, Littleton, N.C. 27850. (919) 586-3335.

Ongoing This Month

Summer film series

Through Aug. 23
Winston-Salem

Documentary films in a series called "Centrifuge" run Tuesday nights at 7:30. Remaining are "Cyberpunk" and "Into Your Guts" on Aug. 2, "Wisecracks" on Aug. 9, "The War Room" on Aug. 16 and "The Twist" on Aug. 23. Contact SECCA, 750 Marguerite Dr., Winston-Salem, N.C. 27106. (910) 725-1904.

Unto These Hills

Through Aug. 27, Cherokee

An outdoor drama which tells the history of the Cherokee Indians beginning with the entrance of DeSoto into Cherokee territory in 1540. Performed nightly, except Sundays, at 8:30 p.m. Contact: Cherokee Historical Association, P.O. Box 398, Cherokee, N.C. 28719. (704) 497-2111.

"Unto These Hills" is performed six nights a week through Aug. 27.

Studios 2 Open House

Aug. 27-28, Sept. 3-4
Blowing Rock

Paintings, pottery, wearables, jewelry, turned wood, marbling, sculpture for exhibition and sale. At Artists Alley, 3½ miles south of Main St. on Hwy 221. Contact: Studios 2, Inc., Rt. 1 Box 590, Blowing Rock, N.C. 28605. (704) 295-7246.

"Evelyn Series" photos

Through Sept. 11
Winston-Salem

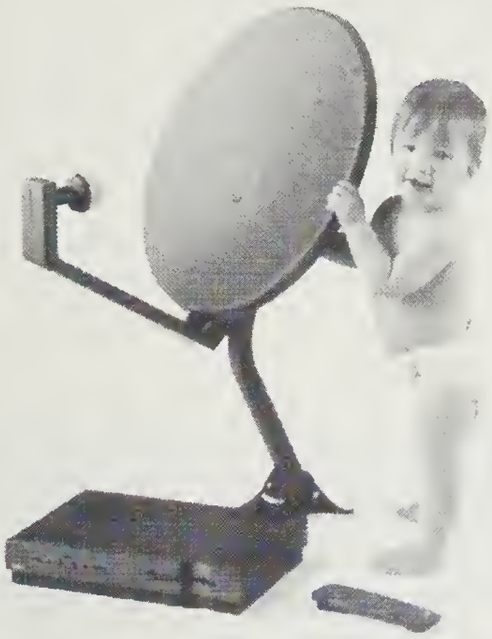
In a black and white series at the Southeastern Center for Contemporary Art, photographer Louanne Watley captures moments in the everyday life of a woman named Evelyn to make a statement about beauty found in the familiar. Contact SECCA, 750 Marguerite Dr., Winston-Salem, N.C. 27106. (910) 725-1904.

"North Carolina Collects"

Through Sept. 18, Charlotte

Privately-owned works which are not on regular display. Mint Museum exhibit features paintings, works on paper, silver, furniture and ceramics. Several North Carolina artists are represented. Contact: Mint Museum, 2730 Randolph Road, Charlotte, N.C. 28207. (704) 337-2009.

A John Singer Sargent portrait from the current exhibit at the Mint Museum.



BIG THINGS REALLY DO COME IN SMALL PACKAGES

INTRODUCING THE NEWEST MEMBER OF OUR FAMILY

18" DISH • UP TO 150 CHANNELS • DIGITAL PICTURE AND SOUND

AUTHORIZED DISTRIBUTOR · NRTC

PRIMEWATCH, INC.
1-800-775-0068

DIRECTV IS A TRADEMARK OF DIRECTV, INC., A UNIT OF GM HUGHES ELECTRONICS

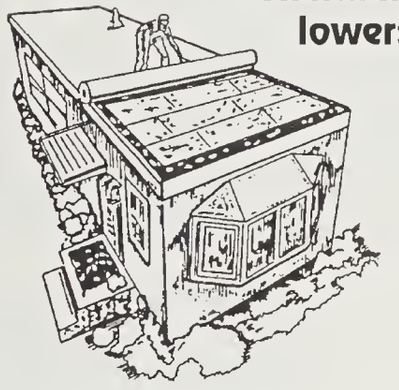
DIRECTV.

As Seen On TV

The Insulated Mobile Home Roofing System

As Seen On TV

Thermal Tech, the affordable roof system that lowers power bills in winter and summer.



$100 Rebate

Call today for a FREE Roof Inspection and Estimate

THERMAL TECH ROOFING
1-800-849-5715

Decide for Yourself

Old Metal Roof	vs.	New Thermal Tech
☐ Expensive heat escapes thru the roof		☐ Thick insulation retains heat in your home
☐ Condensation forms in the attic		☐ No attic condensation
☐ Attic condensation freezes there and in walls		☐ No condensation forms
☐ Furnace or heaters usually run all day and night		☐ Heat source runs only as needed
☐ Leaks let water ruin ceiling, walls and floors		☐ No leaks
☐ Seal, paint, repair every year		☐ Maintenance-free and guaranteed lifetime warranty
☐ Rumbles in winter wind		☐ Quiet in the worst storms
☐ Deteriorates annually		☐ Adds to the value of your home

Joyner's Corner

by Charles Joyner

From FARM to MARKET.

WORD-PLAY

WORD-WARD-WAR-WAY-LAY-PLAY

To go from FARM to MARKET, you may delete one letter, add one letter or replace one letter with another. But you can make only one such change at a time.

1. Cultivated land	F	A	R	M		
2. Body part	___	___	___			
3. Is plural	___	___	___			
4. Naked	___	___	___	___		
5. Uncovered	___	___	___	___	___	
6. Banned	___	___	___	___	___	___
7. Slightly damaged	___	___	___	___	___	___
8. Branded	___	___	___	___	___	___
9. Trading post	M	A	R	K	E	T

Answers on page 30

Twinkle, twinkle, little star, How I wonder IF you are!

Did you ever stop to think, as you looked up at the twinkle of a star, high in the air — that perhaps it isn't there?

Pause a moment and consider, that the starlight we see glitter has been traveling through space for many a day.

And the light that we see glow left that star light-years ago. So perhaps the star has fallen while the light was on its way.

Thus I've come to this conclusion (though it adds to my confusion): While it will be here tomorrow, it may well be gone today!

Pre-Season

SPECIAL

Winter Cover

With Purchase of New Pool
Not Valid with any other offer or discount.

Pools From $895
NEPTUNE POOLS
INC.

Serving the entire Southeast

"9th Year in Business"

FREE

Starter Chemicals

With Purchase of New Pool
Not Valid with any other offer or discount.

1-800-323-7946

Call Today For Free Yard Survey
and information on all of our pools.

HOURS
Monday - Saturday 9am - 9pm

VISA MasterCard

Financing Available
Full Installation and Service Dept.
Standard & Custom Decks

SIZES
18', 24' & 27' Round 15' x 25' Oval
15' x 30' Oval 18' x 33' Oval

Hank's Gardening Guide

by Hank Smith

Prepare for fall planting and blooms.

Water, water, water

Watering likely will be your most critical task during hot, dry days. Don't neglect this job as plants could suffer greatly. Plants growing in containers and hanging baskets need watering daily. That welcomed cool breeze on a hot day or night causes such plants to dry out even more rapidly.

Because the weather's hot, gardening activities often are relatively light this month. But it's a good time to make headway in getting the garden ready for autumn. Plants that flower in the fall, such as mums and asters, should be fertilized with a general-purpose fertilizer according to instructions on the label. Continue to feed lightly every two weeks until flowers begin to show color.

Prepare beds for fall planting. Spade or fill each area with good garden soil and/or organic material. Add a complete fertilizer.

Stake tall flower stems before plants bend over. Bamboo stakes, reeds or metal rods will keep plants like dahlias and tall-growing mums upright. Use string or twist-ties to fasten the stems to support. Attach tightly to the support but loosely to the plant.

Remove dead wood and sucker growth while leaves still are on trees and shrubs. Dead wood is easier to spot before leaves fall from deciduous plants.

Prepare for fall vegetables

If you're planning to have a fall vegetable garden, now's the time to prepare. Start cool-season vegetables in flats, shallow wooden boxes or pots for easy planting after summer vegetables stop producing.

Some of the vegetables that are easily transplanted are cabbage, broccoli, mustard, kale and spinach. Get them started so they will be well established by planting time.

Before setting out cool-season vegetables, be sure to restore the nutrient supply to the garden soil by adding decayed manure, compost and five to 10 pounds of commercial fertilizer such as 8-8-8 per 1,000 square feet. The organic matter and fertilizer should be well mixed into the soil and watered thoroughly.

Multiply with cuttings

Shrubs such as the privets, abelia, barberry, euonymus, hollies, pyracantha, photinia and other evergreens may be rooted from cuttings. Insert cuttings in a cold frame or a sheltered place outdoors. Set cuttings in a firmly packed mixture of peat moss and sand or in a bed made by spreading a two-inch layer of sharp sand over a mixture of topsoil, sand and peat moss. Pack firmly.

Shade cuttings from direct sun until they have rooted. It is important to keep them watered during dry weather.

Coleus, geraniums, begonias and impatiens can be rooted now for indoor use this winter. Sturdy young specimens will look better than old leggy stock plants dug, potted, and brought indoors. Root these cuttings in moist sand in a shady location.

All cuttings benefit when treated with a root-inducing hormone. Dust the powder on the cut end before inserting cuttings in the soil.

Crape myrtles rebloom

Remove faded blooms from crape myrtles to encourage a second bloom this fall. Cut away old flowers, and dormant bulbs will develop. Crape myrtles bloom on current wood. There are flowerbuds just waiting in the stems to bloom where older blooms have made the show.

Deblossom rhododendrons

Rhododendrons are forming flower buds for next year. Since faded blooms sap energy that should be conserved for producing an abundance of buds, they should be removed now before they go to seed.

If rhododendrons have leaves that droop and curl inward, they're sending the message they want water. Keep plants well mulched and watered.

Disbudding camellias

It's time to begin disbudding camellias to increase flower size. As soon as you can distinguish the rounded flowerbud from the pointed vegetative bud on japonica camellias, remove all but one of the flower buds at each stem tip. Disbudding is not a common practice with fall-flowering sasanqua camellias

Late Summer Tips

1. Cut back daylily foliage and divide if necessary.
2. Fertilize rose bushes.
3. Water shallow-rooted plants every four days if there is not a soaking rain.
4. Feed annuals to encourage late summer blooms.
5. Continue spraying roses with fungicide to prevent blackspot.
6. Lift and transplant oriental poppies if they have become crowded.
7. Cut faded flower heads of marigold, zinnia, geranium, cornflower, petunia, coreopsis, dahlia, verbena and snapdragon to encourage more blooms.
8. For larger dahlia blooms, remove all but one flower-bud in each cluster.
9. Dig, cure and store gladiolus corms about eight weeks after plants have flowered.
10. Don't prune spring-flowering shrubs like azaleas and forsythia. They're growing next year's flower buds now.
11. Keep fighting to control weeds. Remove them before they go to seed to scatter over your lawn and garden.
12. To have pansy plants ready to bloom by late fall, plant seed now. Refrigerate seed a few days before sowing.
13. To ensure fresh-'n-tasty vegetables, harvest often. This also aids in extending the period of productivity of plants.

FREE

Big, Colorful ALL-NEW Fall 1994

STARK BRO'S CATALOG

Shows You How to Grow

BONUS $5.00 DISCOUNT COUPON

GOURMET-QUALITY FRUIT IN YOUR OWN YARD!

Big, juicy peaches, apples, pears, plums, nectarines, apricots ... plus nut trees, shade trees, berries, shrubs, roses, everything for your home garden ... at direct prices. Best of all: You'll enjoy bumper crops year after year.

- Our 178th year
- Shop-at-home convenience
- No risk: Inspect before you pay
- 20% discount on early orders
- SATISFACTION GUARANTEED

INCLUDED IN THIS CATALOG:
- Hundreds of different items
- Over 50 Exclusive varieties
- Valuable growing tips
- Geographic Zone references -- what grows best where you are

STARK BROS
Stark Trees Bear Fruit. Since 1816.

Send to: Stark Bro's Nurseries
Box 10, Dept. A1108P
Louisiana, MO 63353-0010

Mail coupon today for FREE Catalog and $5.00 Discount Certificate.

☑ YES, send my personal copy of your big new Fall 1994 Catalog. Include my $5.00 Discount Certificate.

Name _____

Address _____

City _____

State, Zip _____

Home Phone (____) _____

Sorry, no catalogs mailed outside continental U.S. A1108P

SATISFACTION GUARANTEED

☐ **New Color 1994 Winter Edition $8.95**

☐ **50 Page Homestead Planning Guide $4.95**

☐ **Both Books Just.....$12.95**

FREE! Limited Offer!
Buy both books listed above and receive our WOOD SPECIES SAMPLES absolutely FREE!!

Order NOW!
CALL TOLL-FREE
1- 800-56-CABIN
Log Cabin Homes
P.O. Drawer 1457
410 North Pearl St.
Rocky Mount,
N.C. 27802
919/977-7785
or 985-3311
FAX 919/985-2810

V/MC/AE _____ Exp. _____
Postage & Handling ____$3.00____
Total Enclosed $ _____
Phone Number _____
Name _____
Address _____
City _____ State ____ Zip _____

CC8

* Prices subject to change without notice. See your LCH Sales Rep. for specific promotion conditions. • Ample supply of **Western Red Cedar, White Pine** and **Cypress** in Stock • Free Custom Home Quotation • **Limited Prime Dealerships** Available. ©1994 LCH

MARKETPLACE

How to Reach the Marketplace

Space is available for 1-inch and 2-inch display ads. The cost advertising ranges from $179 to $349 per ad. Reach more than 345,000 homes, farms and businesses in North Carolina. *Contact Jennifer Hoey, 1-800-662-8835.*

MONUMENTS

Buy Direct - Save up to **60%** on Granite Monuments, Markers and Bronze from the "Granite Capital of the World".

Prices Starting at $89.00

Call or Write for free brochure: Monuments, P.O. Box 591, Elberton, Georgia 30635 - 1-800-283-8390 or (706) 283-8390

Driveway Announcer

Know when someone comes on your place.

Call 1-800-448-0631

Box 1130, Laverne, OK 73848

Modern Lightning Protection Company

40 years experience protecting homes and buildings

Raleigh/Greenville

Modern Lightning Protection

Call Toll-free 800-368-8090
24 hours a day

Your search for an allergy filter that works is over.

Sleep better and breathe easier with the ONLY electrostatic filter that ***kills*** micro-organisms (most viruses, bacteria, algae, fungi, mold and yeast) on contact — doesn't just ***trap*** them.

ALLERGY RELIEF FILTER

ONLY $49.95 for standard sizes + ship. & hand.

• ENERGY-EFFICIENT • REUSABLE • FIVE YEAR WARRANTY

1-800-935-8100

NURSERY STOCK & SEED

GROW HALF DOLLAR SIZE MUSCADINES & BLACKBERRIES. FREE CATALOG.

200 varieties fruit, nut trees, vines & berries.

1-800-733-0324

ISON'S NURSERY, Brooks, Georgia 30205

WHT

The William Thomas House

a bed and breakfast

530 North Blount Street

Raleigh, North Carolina 27604

Situated on historic Blount Street just three blocks north of the Governor's Mansion, this c. 1881 house offers spacious guest bedrooms with private baths, elegant Southern breakfasts and off-street parking. Within walking distance are the Capitol, Legislative Building, museums, City Market, Historic Oakwood, and Mordecai Historic Park.

Jim and Sarah Lofton, Proprietors

For reservations: Tel. 919-755-9400 Fax 919-755-3966

POLE BUILDINGS

STANDARD BUILDINGS

24 x 32 x 8	$ 4,800
24 x 40 x 8	$ 6,000
30 x 40 x 8	$ 7,500
32 x 64 x 10	$11,800
40 x 80 x 12	$17,300

LOFT BUILDINGS

24 x 32 x 8	$ 9,550
24 x 40 x 8	$11,100
30 x 40 x 8	$13,800
32 x 64 x 8	$19,100

All prices are erected

Allwood Structures

Asheville, NC

1-800-247-0241

GOSPEL PIANISTS & ORGANISTS

Exciting Book & Cassette

"PLAY GOSPEL SONGS BY EAR!" Shows how to play any chord any hymn you've ever heard – entirely by ear! Find the right starting note, add chords, play in easy keys. Book $6.95

CASSETTE gives more explanations and illustrates how songs sound. Includes **chord chart** showing 84 chords. Cassette $6.95. Both $12.90 pp.

GUARANTEED! *(Specify piano or organ.)*

DAVIDSON, 6727 C Metcalf, Shawnee Mission, KS 662

UNC

UNC Lineberger Comprehensive Cancer Center

School of Medicine
University of North Carolina at Chapel Hill

Serving the state and people of North Carolina

(919) 966-3036

Includes all material, erection, freight & sales tax

NO HIDDEN EXTRAS!

• Steel Frames • Clear Spans • Gables Enclosed • Galv. Roofing

42'x48'x12' $7,488.00

24'x36'x10' $3,748.00

Agri-Steel Structures

P.O. Box 1257 • Woodstock, GA 30188

1-800-359-8613

CHOIR ROBES

EXPERT TAILORING $25.95 up

Finest Fabrics including Permanent Press and Wash & Wear. Superior Quality. Free Color Catalog and Fabric Swatches on Request. *Guaranteed Satisfaction*

Toll Free 1-800-826-8612

REGENCY CAP & GOWN CO

P.O. Box 10557 N
Jacksonville, Florida 32207

CHURCH PEWS PADDED

by CAMPBELLS

PADDING YOUR OLD PEWS

FOR ABOUT ⅓

THE COST OF NEW PEWS

"Satisfied Customers Statewide"

- Quality Materials
- Expert Workmanship
- Written Guarantees
- Free Estimates

Call collect
(919) 772-5238
Raleigh, N.C.
Write 4612 Meadow Lake Drive
Apex, N.C. 27502

Now! Workbelts FACTORY DIRECT

FREE Color Catalog

As Low As $16.95

- Removable velcro straps
- Made of Lycra
- Sizes: S, M, L, XL, XXL
- One year warranty

ACTION ERGONOMICS

Raleigh, NC

1-800-482-3587

Arco

$ Quality Steel Buildings $

1-800-241-8339

30X40X10	$ 3,69
40X60X12	$ 6,7
50X75X10	$ 9,2
60X100X12	$14,9
60X75X12	$11,6
50X100X12	$13,8
100X100X12 w/column	$21,9
100X150X14 w/column	$33,4

All Sizes Available

3300 Holcomb Bridge Rd., Suite 201
Norcross, Georgia 30092

DESIGNED, CONSTRUCTED & WARRANTED BY

MORTON BUILDINGS

Call your local office for a free quote:

Lexington, NC (704) 249-0490
Hendersonville, NC (704) 697-8181
Wilson, NC (919) 291-1300

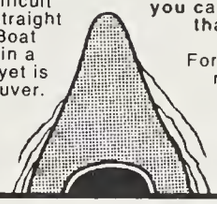
THE POKE BOAT®

IT'S EVERYTHING A CANOE ISN'T.

A canoe is tippy. A Poke Boat isn't. It's remarkably stable.

A canoe is hard to turn and difficult to keep in a straight line. A Poke Boat isn't. It stays in a straight line, yet is easy to maneuver.

A canoe is heavy. A Poke Boat isn't.



It weighs only 28 pounds - built with aircraft strength.

For under $800 you can buy more than a canoe.

For more information, give us a call.

606-986-2336.

Learn VCR repair!

Home study. Learn high-profit repairs without investing in high-tech instruments. **FREE BOOKLET: 800-223-4542.**

Name _____ Age ____
Address _____
City _____ State ____ Zip _____

School of VCR Repair, Dept. VRJ453
6065 Roswell Road, Atlanta, Georgia 30328

Animal lovers!

Home study prepares you for *great* jobs in animal care and veterinary assistance. **Free literature: 800-223-4542.**

Name _____ Age ____
Address _____
City _____ State ____ Zip ____

School of Animal Science, Dept. CCJ453
6065 Roswell Road, Atlanta, Georgia 30328

HERITAGE BUILDING SYSTEMS

800-643-5555

30 x 40 x 10	$ 4,432
40 x 60 x 10	$ 7,185
50 x 60 x 12	$ 9,338
60 x 90 x 14	$16,151
150 x 200 x 16 M1	$78,658

BUILD IT YOURSELF AND SAVE MONEY

Commercial steel buildings featuring easy bolt up assembly for the do it yourself builder from America's largest distributor. We have over 5,000 standard sizes of shop, farm, industrial, commercial, and mini-warehouse buildings. All are complete with engineer stamped permit drawings to meet 1986 MBMA codes, 20 year roof warranty, and painted walls. Call us today for a free information package and a quote on our top quality buildings or building component parts.

MINI WAREHOUSE SALE $11,898
20' X 120' WITH 24 UNITS COMPLETE WITH PARTITIONS, 8' X 7' DOORS, AND HARDWARE

LYRIC CHOIR GOWNS

from $25.95

"Professionally tailored gowns of lasting beauty."

FREE catalog and fabric samples. Write today.

Since 1955...

LYRIC
CHOIR GOWN COMPANY
P.O. Box 16954-RP
Jacksonville, FL 32245
1-800-847-7977

Be a home inspector!

Train at home—learn what the pros know. Start your own profitable home inspection business. **Free literature: 800-223-4542.**

Name _____ Age _____
Address _____ Phone _____
City _____ State ____ Zip _____

School of Home Inspection, Dept. PPJ453
6065 Roswell Road, Atlanta, Georgia 30328

100% U.S. All Steel

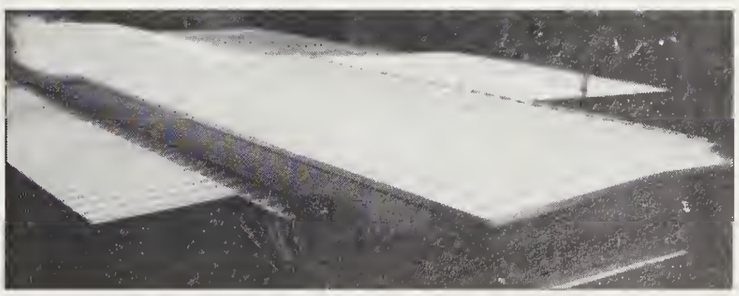
COMMERCIAL • FARM • RESIDENTIAL
CALL US FOR PRICE & INFO

LIFETIME STEEL BUILDINGS
800-874-4312

Mobile home owners: stay cool this summer and save money on your utility bills... Install a new ROYAL insulated roofover!

STOP LEAKS FOR GOOD!!

Doublewide **Singlewide**



• 25 yr. written warranty • All aluminum panels • Roof vent with Tripleseal protection •
• Stops roof rumble • Adds value to your home • 6" to 12" overhang - 5" trim with 6 colors to choose from •

ROYAL HOME IMPROVEMENTS, INC.

1-800-462-8039

SERVING THE ENTIRE SOUTHEAST

Shop at home service • 100% Financing • Free Estimates

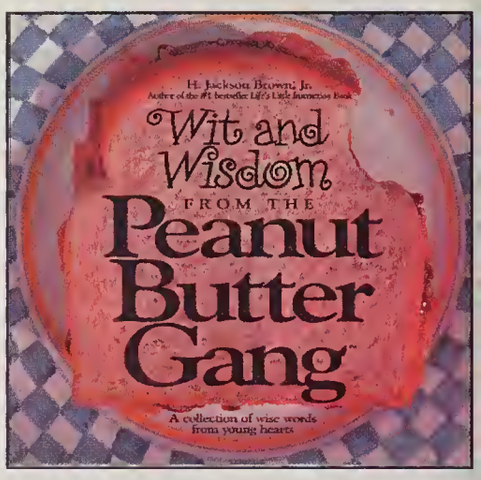
Journal

by Owen Bishop

"If your sister hits you, don't hit her back. Parents always catch the second person."

– Michael, age 10

Wise Words from Young Hearts



After a change of pace last month, I can't resist sharing more amusing comments from youngsters, as I did in May and June. Just bear with me through one more collection of kids' observations, and I promise I won't pursue them further in this space for at least six months!

The earlier columns offered quotes from school kids suggesting some rather dubious energy conservation measures and offering a new spin on just how electricity works. This batch is a variety pack. There's a third grader's description of a grandparent —a piece that will serve as a reminder that Grandparents Day will be celebrated on Sept. 11 (See box). And there are wide-ranging comments from a marvelous new book by H. Jackson Brown Jr., author of several collections of quotations, including "Life's Little Instruction Book."

The new book, "Wit and Wisdom from the Peanut Butter Gang" ($14.95 - Rutledge Hill Press, 211 Seventh Ave. N., Nashville, Tenn. 37219-1823), was inspired by some of the letters Brown received in response to his earlier books. Many were from children and teenagers who wanted to share their views of life with the popular author. That's when Brown began collecting his favorite quotes from kids.

The quotes are contained in a handsome hardcover volume featuring colorful illustrations that might have been prepared by the kids who are quoted.

Children, Brown writes in the book's introduction, "have an uncanny ability to discover and deliver the truth, and we're often caught off guard by their insight, imagination and truth-piercing humor."

Here are several selections, reprinted with permission of the publisher, from Brown's book of "wise words from young hearts":

Nicholas, age 9 –	If you put a frog in a girl's desk, you're going to hear some screaming.
Meghann, age 13 –	When your mother is mad and asks you, "Do I look stupid?", it's best not to answer to her.
Kyle, age 10 –	Lying drives your conscience crazy.
Chris, age 14 –	You shouldn't try and test a nine-volt battery with your braces unless you're looking for an easy way to melt all the rubber bands.
William, age 12 –	When teachers are mad, they don't blink.
Laura, age 13 –	No matter how hard you try, you can't baptize cats!
Suzanne, age 17 –	Trust is the most valuable thing you'll ever earn.
Donnie, age 10 –	You should never mess with a kid that beat you up once already.
Somer, age 10 –	The color of people shouldn't matter.
Leslie, age 11 –	Life is filled with ups and downs but most of the time I'm going sideways.
Jameson, age 8 –	You can travel inside a book.
Charlie, age 16 –	If I study and watch TV at the same time, I end up studying the TV.
Michael, age 10 –	If your sister hits you, don't hit her back. Parents always catch the second person.
Rebecca, age 11 –	I sometimes get a craving for chocolate chip ice cream that cannot be controlled.
Chanelle, age 12 –	*Guests* is just another word for *cleaning.*
Jeanne, age 7 –	The best place to be when you are sad is in your grandma's lap.

What is a Grandparent?

By a Third Grader

Reprinted from the homeowners' newsletter of Pamlico Plantation in Washington, a residential development served by Tideland Electric Membership Corporation.

A grandmother is a lady who has no children of her own. She likes other people's little girls and boys. A grandfather is a man grandmother. He goes for walks with the boys and they talk about fishing and stuff like that.

Grandparents don't have to do anything except to be there. Usually they're old, so they shouldn't play hard or run. It is enough if they drive us to the market where the "pretend horse" is, and have lots of dimes ready. Of if they take us for walks, they slow down past things like pretty leaves and caterpillars. They never say, "Hurry up!"

Usually grandparents are plump, but not too fat to tie your shoes. They wear glasses. They can take their teeth out.

Grandparents don't have to be smart, only answer questions like, "How come dogs chase cats?"

Grandparents don't talk baby talk like visitors do, because it is hard to understand. When they read to us, they don't skip or mind if it is the same story over again.

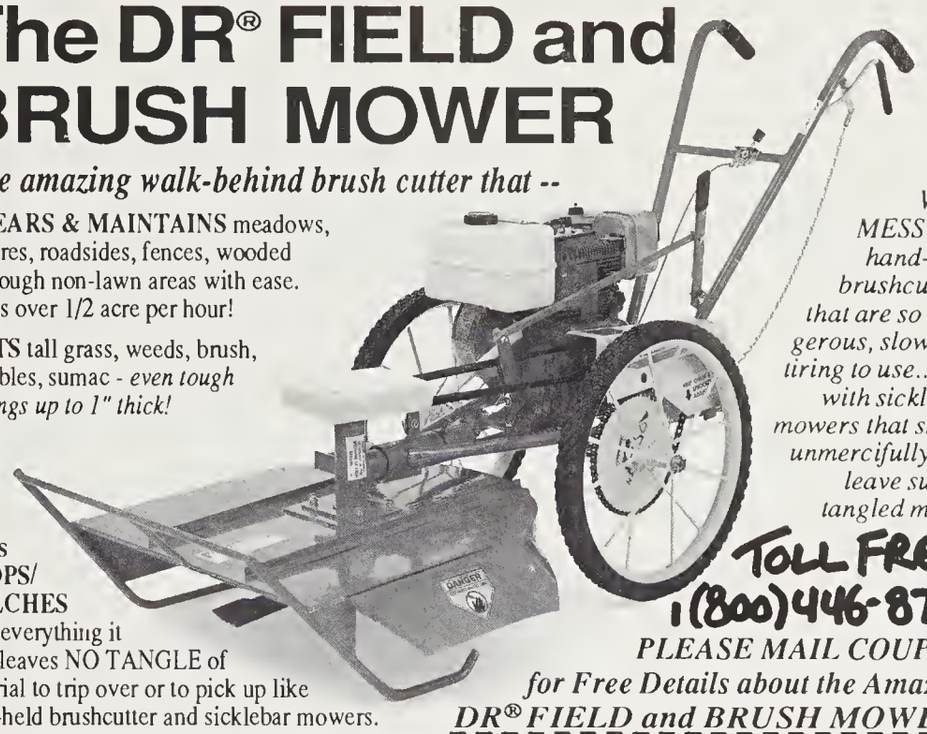
Everybody should try to have grandparents, especially if you don't have television, because they are the only grownups who have time.

From "Wit and Wisdom from the Peanut Butter Gang"

Presenting...

The DR® FIELD and BRUSH MOWER

--the amazing walk-behind brush cutter that --



•**CLEARS & MAINTAINS** meadows, pastures, roadsides, fences, wooded and rough non-lawn areas with ease. Mows over 1/2 acre per hour!

•**CUTS** tall grass, weeds, brush, brambles, sumac - *even tough saplings up to 1" thick!*

•**Plus CHOPS/MULCHES** most everything it cuts; leaves NO TANGLE of material to trip over or to pick up like hand-held brushcutter and sicklebar mowers.

•**POWERFUL** 8HP Briggs & Stratton engine with BIG 20" SELF-PROPELLED WHEELS! Rolls through ditches, furrows, over bumps and logs with ease.

•***Perfect for low-maintenance wildflower meadows...*** European-style woodlots free of undergrowth... walking paths... or any area that you only want to mow once a month... or once a season!

So, WHY MESS with hand-held brushcutters that are so dangerous, slow and tiring to use... OR with sicklebar mowers that shake unmercifully and leave such a tangled mess?

TOLL FREE 1(800)446-8746

PLEASE MAIL COUPON for Free Details about the Amazing DR® FIELD and BRUSH MOWER!

YES! Please rush complete FREE DETAILS of all the DR® FIELD and BRUSH MOWERS, including prices, specifications, and "Off-Season" Savings now in effect.

Name _____

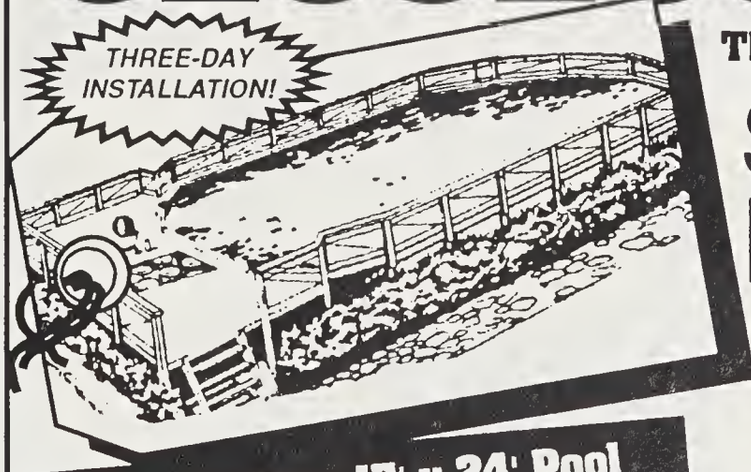
Address _____

City _____ State _____ ZIP _____

To: COUNTRY HOME PRODUCTS®, Dept. 89408F
Ferry Road, Box 89, Charlotte, VT 05445

©1994 CHP, Inc.

CLOSEOUT!



The Mariner

SAVE BIG!

ALL POOLS INCLUDE:
- filter and pump
- set-in vinyl lining
- heavy gauge bracing
- huge sundeck
- fence & stairs
- pool ladder

The Mariner 15' x 24' Pool

The Mariner 15' x 24' Family Size Pool O.D. 19' x 31'

Now Only **$888*** *Installation optional & extra

Includes: Sundeck, Fence & Filter

FULL FINANCING & INSTALLATION ARRANGED

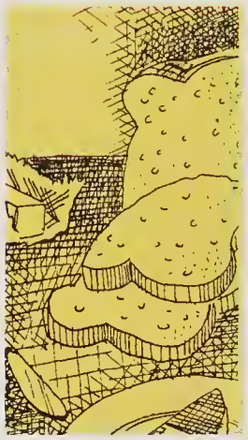
Limited area - No single wide trailers

HOMEOWNERS ONLY-CALL NOW!
*CALL TOLL FREE-**FREE HOME SURVEY***

1(800)-761-1064

Tropical Pools

Country Kitchen



Refreshing!

Lime Pie

Submitted by Alice McClure, Gastonia

1 cup sugar
1 cup water
1 (3-ounce) package lime Jello
1 can evaporated milk - chilled until very cold
½ box vanilla wafers

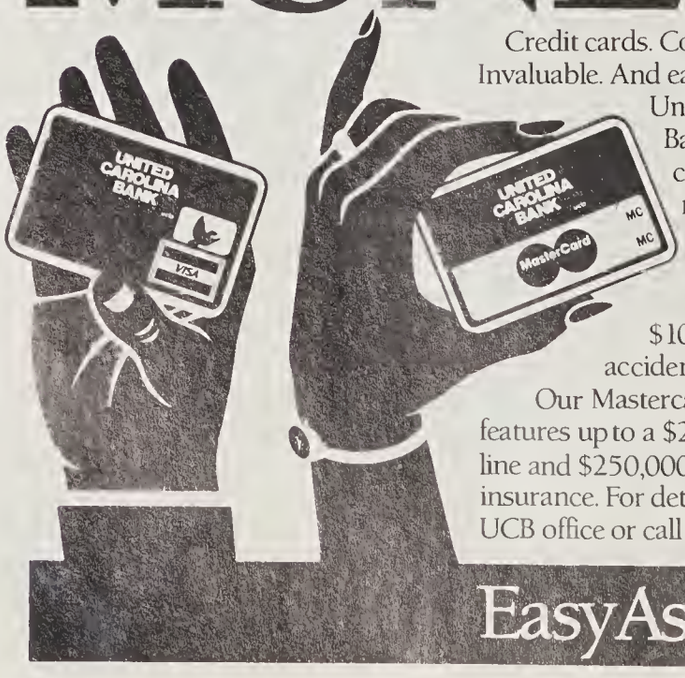
Combine sugar and water and bring to a full boil. Remove from heat and add Jello. Stir until dissolved. Place sugar/water/Jello mixture in refrigerator and chill until syrupy. Beat chilled evaporated milk on highest mixer speed until doubled in volume. Add Jello mixture and whip until well blended. To make the crust, place vanilla wafers in the bottom and around the sides of a pie plate. (This recipe will make 2 large or 3 small pies.) Chill at least 6 to 8 hours before serving.

Want to share recipes?

If you would like to share a recipe with Country Kitchen, send it to Recipes, Carolina Country, P.O. Box 27306, Raleigh, N.C. 27611.

We pay $5 for recipes we publish and present each monthly winne set of 50 recipe cards featuring a reprint of the published recipe.

EASY MONEY



Credit cards. Convenient. Invaluable. And easy to get at United Carolina Bank. We offer competitive rates, a low annual fee, credit lines of $500 to $10,000, and $100,000 in free accident insurance.

Our Mastercard Gold Card features up to a $25,000 credit line and $250,000 in free accident insurance. For details, stop by any UCB office or call 919/642-5131.

EasyAsUCB. UNITED CAROLINA BANK

Member FDIC

Answers to

WORD-PLA

From page 22

MARKET
MARKED
MARRED
BARRED
BARED
BARE
ARE
ARM
FARM

Now! Mix America's Best Selling Candies *in a single order!*

Need other ideas for fund-raising?
CALL FOR OUR FREE FUND RAISING GUIDE.

FINALLY! The choice is yours. Sell one or sell them all...

Now you can mix any combination of $1 size M&M's, Hershey's, Turtles, Kit Kat, Snickers, Reese's or Skittles in a single minimum order. Imagine what the variety will do for your sales!

Earn $21.00 profit per case of 60
Plus $60.00 profit for each Bonus Case!

FRESHNESS GUARANTEED

All candies packed in easy-to-carry cases or with reusable totes.

PROFIT CALCULATOR®

You Sell	Your Profit	+	Bonus Cases	=	Extra Profit	Grand Profit Total
30 Cases	$630.00	+	1	=	$60.00	$690.00
60 Cases	$1,260.00	+	2	=	$120.00	$1,380.00
150 Cases	$3,450.00	+	8	=	$480.00	$3,930.00
300 Cases	$7,500.00	+	23	=	$1,380.00	$8,880.00

We suggest you order at least 1 case per selling member. Minimum order: 20 cases, packed 60 per case. Your cost per case: $39.00; **Volume discount: $2.00 off per case at 100 cases, $4.00 off per case at 200 cases. Bonus Offer: 1 Bonus Case for every 30 cases sold to 100, then 1 Bonus case for every additional 10 cases sold.** To ensure factory freshness, we are unable to accept returns of candy. Made in U.S.A.

Call us Toll-Free!

1-800-633-6750

Or send us your order by mail.

AMERICA'S BEST®
P.O. Box 91717 • Mobile, AL 36691

AFRDS CHARTER MEMBER

Clip and Mail

Mail to: AMERICA'S BEST® P.O. Box 91717 • Mobile, Alabama 36691

YES! We want America's Best $1 Sellers to sell for us. Please send us the following cases:

_____ Hershey's Milk Chocolate/Almonds, **Item #822G**	_____ Kit Kat, **Item #830G**	_____ Snickers, **Item #810G**
_____ Hershey's Krackel, **Item #824G**	_____ M&M's Plain, **Item #806G**	_____ Skittles, **Item #812G**
_____ Reese's Peanut Butter Cups, **Item #826G**	_____ M&M's Peanut, **Item #808G**	_____ Turtles, **Item #684G**

Minimum Order: 20 cases, which you may assort. All candies packed 60 per case.

PLEASE PRINT

ORGANIZATION INFORMATION: Name of Group _____

Name of Sponsoring Institution _____ (School, Church or Other) No. of Members _____

SHIP TO: (Adult to receive shipment)

Name _____ Day Telephone (area) _____

Address _____ City _____

County _____ State _____ Zip Code _____

SEND BILL TO: (Adult responsible for payment)

Name _____ Day Telephone (area) _____

Title in Organization _____ Social Security # _____ Age _____ (If under 21)

Address _____

City _____ State _____ Zip Code _____

✓ Signature _____ (Adult responsible for payment) Date Sale is Scheduled to Start _____

List one additional officer _____ Day Telephone (area) _____

☐ **If you are confirming a telephone order, please check here.**

Thank you for your order!

TERMS: Your payment isn't due until 30 days from the day you receive your merchandise, or from your scheduled sale date, whichever is later. Bonus Cases are shipped with qualifying orders and are free of charge when payment is made on time, with no product returns. Freight charges are prepaid by us, then added to your invoice. FREE merchandise is sent to offset any freight charges when minimum order requirements are met. All orders are subject to credit approval. Retail prices are subject to change. To ensure factory freshness of every order, we are unable to accept returns of candy.

F4G03A

FREE BONUS ITEMS SEE ORDER FORM BELOW

TULIP BULBS

7¢ EA.

YOUR CHOICE OF COLORS!

Brilliant Color Every Spring!

Everyone who loves spring flowers loves the glorious color and beauty of Tulips. And now you can have as many as you want...in the colors you want...and at an amazing low price! This once-a-year offer features healthy hardy bulbs (2 1/4 to 3" circ.), in your choice of six brilliant colors: Red, White, Yellow, Purple, Pink, and Bi-Color. Best of all, you pay just 7¢ a bulb...4 dozen for $3.36...What a bargain!

Guaranteed To Bloom!

Every item on this page is guaranteed to grow and bloom each year *without replanting!* If you are not satisfied with your order upon arrival, simply return it within 15 days for a full refund. We guarantee many blooms next spring, normal bloom the second season or we'll send you FREE REPLACEMENTS! (No time limit).

More Top Choices For Carefee Blooms Every Year!

CREEPING PHLOX
12 for $4.99

Dense evergreen foliage and hundreds of colorful blooms take care of problem areas fast! Michigan nursery grown pink, purple, and white as available. 1-year-old divisions.

GROUND COVER DAYLILIES 5 for $5.99

Ground Cover Daylilies spread quickly to fill in gaps and uneven areas in your yard. Perfect in the garden or for naturalizing. Five plants cover 10 sq. ft. Blooming size.

TICKLED PINK DAFFODILS 6/$4.99

Tickled Pink will add spice to your garden with its unusual cream and pink color. Very fragrant, so it's perfect in bouquets, in the garden or for naturalizing. DN III.

CREEPING MYRTLE
20 for $4.49

A real shade lover! Creeping Myrtle boasts blue flowers floating on a carpet of green foliage. Thrives in shade where many ground covers won't grow. 20 plants cover 40 sq. ft. 1-year-old.

CROCUS
15 for $3.99

Crocuses are usually the first to bloom in spring, sometimes coming right up through the snow! These early-bloomers come in a rainbow of mixed colors. 5cm+.

MIXED HYBRID LILIES
10 FOR $7.99

Mixed Hybrid Lilies are surprisingly hardy and dependable. They return each year, producing bigger clumps and more flowers. They're great for naturalizing, too. 10-12cm.

MICHIGAN BULB'S LIFETIME, DOUBLE GUARANTEE

If you're not happy with any item you order from us, simply return it within 15 days for a full refund or replacement, whichever you prefer. Any items that do not grow and flourish to your complete satisfaction will be replaced FREE – with no time limit – for as long as you garden.

MIXED DAFFODILS 10 for $2.99

This money-savin assortment of Daffodi welcomes spring with cheerful mix of yello white and bi-col blooms. These refreshi trumpet-shaped flowe on tall, sturdy stems a perfect on hillside under trees and in r gardens – anywhere t sun shines. Order ple for cut-flower bouque too! 10-12cm.

50-pc. PERENNIAL GARDEN $12.95 ea.

If you have a ha time choosing just right perennials, rel Our experts have d it for you. This piece garden featur each of 10 varieti Only the most colo the most vigorous the easiest to gr were chosen. En the full range of col sizes and bloom tin All 1-year-old stock

MICHIGAN BULB CO.

1950 WALDORF, N.W.
GRAND RAPIDS, MI 49

YES Please send order as marked below for fall delivery. I all FREE bonus items due. All items are covered by Lifetime Guarantee.

TR 3113 K

MR. MISS
MRS. MS. _____
Please Print

ADDRESS _____

CITY _____ STATE _____ ZIP _____

QTY	CAT.#	ITEM	C
	13417	Tulip Collection-1doz. each color below, 6 doz. in all - $4.99. Double Order-Get 2 collections, 12 doz. in all-$8.88. SAVE $1.00	
	13342	Tulips, red	(Indicate how many dozen per color, 84¢ per dozen – min. 4 doz. for $3.36)
	13359	Tulips, yellow	
	13367	Tulips, pink	
	13375	Tulips, purple	
	13383	Tulips, white	
	13391	Tulips, 2-tone	
	06601	Daffodils (10/$2.99 - 20/$5.78 - 50/$12.95)	
	02832	50-Pc. Perennial Garden (1/$12.95 - 2/$22.90)	
	02717	Creeping Phlox (12/$4.99 - 24/$7.98 - 48/$16.96)	
	11577	Tickled Pink Daffodils (6/$4.99, 12/$8.98, 24/$14.96)	
	02592	Ground Cover Daylilies (5/$5.99 - 10/$10.98)	
	02758	Creeping Myrtle (20/$4.49, 40/$7.48, 80/$14.48)	
	09373	Crocus (15/$3.99 - 30/$7.48)	
	05033	Mixed Hybrid Lilies (10/$7.99 - 20/$13.98)	
6	FREE	Grape Hyacinths if order received by October 1.	
6	FREE	Sunny Twinkles if order totals $10.00	
6	FREE	Dutch Iris (plus 6 Sunny Twinkles) if order totals $15.00	
6	FREE	Striped Squill (plus 6 Sunny Twinkles and 6 Dutch Iris) if order totals $20.00.	

☐ Payment enclosed. SUBTOTAL $

☐ Bill on my credit card. Indicate credit card no. and expiration date below. Postage & Handling

SALES TAX: MI res. add 6% TN res. add 8.25%

☐ VISA ☐ MasterCard

☐ American Express ☐ Discovery GRAND TOTAL $

Credit Card # _____ Exp. Date _____

FREE! You get valuable bonus items at no extra cost as indicat on order blank, and you receive easy planting instructio

MAIL THIS MONEY-SAVING COUPON TOD